

# LAMBDA 20

LAURENTIAN UNIVERSITY'S OFFICIAL STUDENT PAPER

THURSDAY • MARCH • 8 • 1990

Laurentian University

## Women's Awareness Day

A CUP graphic

### BRIAN MULRONEY IS MY SHEPHERD...

HE LEADETH ME BESIDE STILL FACTORIES  
AND ABANDONED FARMS  
HE RESTORES MY DOUBT ABOUT THE TORIES  
HE ANNOINTED MY WAGES WITH TAXES, AND  
INFLATION, SO MY EXPENSES RUNNETH OVER  
MY INCOME.

SURELY POVERTY AND HARD LIVING SHALL  
FOLLOW THE TORIES,

AND I SHALL WORK ON A RENTED FARM, AND  
LIVE IN A RENTED HOUSE FOREVER.

FIVE THOUSAND YEARS AGO MOSES SAID:

"PICK UP YOUR SHOVEL, MOUNT YOUR ASS,  
AND I WILL LEAD YOU TO THE PROMISED LAND."

FIVE THOUSAND YEARS LATER, TRUDEAU SAID:  
"LAY DOWN YOUR SHOVEL AND SIT ON YOUR ASS  
LIGHT UP A CAMEL; THIS IS THE PROMISED LAND."

THIS YEAR BRIAN MULRONEY WILL TAKE YOUR  
SHOVEL, SELL YOUR CAMEL, KICK YOUR ASS,  
AND TELL YOU HE GAVE AWAY THE PROMISED LAND.

I'M GLAD I AM A CANADIAN, I'M GLAD I AM FREE  
BUT I WISH I WERE A DOG, AND BRIAN WAS A TREE.



### UNIVERSITY OF OTTAWA ANNOUNCE NEW OVER- SEAS DEVELOPMENT ASSOCIATES PROGRAM

by Susan Talamelli

The Institute for International Development at the University Of Ottawa has just announced the creation of the Overseas Development Program (ODAP). This program was developed to help University graduates find jobs in Canadian companies dealing with international development.

ODAP helps university graduates gain valuable experience in the workforce. Selected candidates will receive funding up to \$20,000.

If you are interested please note submission deadlines are on April 30th 1990. The committee will judge applicants based on the following criteria:

- graduate's academic discipline and degree level.
- the types and areas of activity of the

host organization.

- the advantage or benefit in the position- quality of the training and supervision.
- field work.

For more information please contact Yannick Portebois, ODAP co-ordinator; Institute for International Development Cooperation, University of Ottawa, 25 University St. Ottawa, Ontario K1N 6N5 phone (613) 564 5779 fax (613) 564 9525



### GETTIN' ENVIRONMENTALLY FRIENDLY

by Chris Land

While concern over the mountains of garbage in landfill sites is growing, there is a company here in Canada that is exploring new ways of turning old paper into cash. Atlantic Packaging Products Ltd., of Toronto is about to bring on line a new plant in Whitby, Ontario to turn waste paper products into newsprint and tissue paper. They hope to have limited operation by late 1990. This according to a corporate report released in January. The report states that, "When the project was first announced in 1987, observers of the newsprint industry were cautious in their praise for the project." Concerns

over the amount of garbage put in landfill sites has continued to grow. Atlantic feels that the demand for recycled newsprint is growing and they, "...are going to meet that demand head-on." There is a realization on the part of governments that taxpayers no longer accept the old standards for waste management and corporations are realizing that consumers are beginning to favor products that are environmentally friendly. Atlantic is taking one step to meet those concerns.

Many environmentalists are encouraged by the trend towards protecting the environment through better waste man-

agement but realize that there is much more that has to be done. The trend is a consumer driven one. Consumers can have a tremendous influence on the effects that products have on the environment. More and more people are insisting on environmentally friendly products and packaging. This attitude will have a tremendous effect in years to come. If all consumers can use their buying power to promote the environment over pollution then the crisis that many cities are experiencing over waste management has a chance of being solved.

### MULRONEY CUTS FUNDING TO STUDENTS.....AND KICKS PUPPIES TOO!

by Susan Talamelli

Students at Laurentian should be outraged over the recent freeze in provincial transfer payments announced by Michael Wilson in the current federal budget. Last year's budget brought in the controversial Bill C-33. The current freeze in post-secondary education funding will cost the provinces and estimated three billion dollars through the 1994/95 fiscal year.

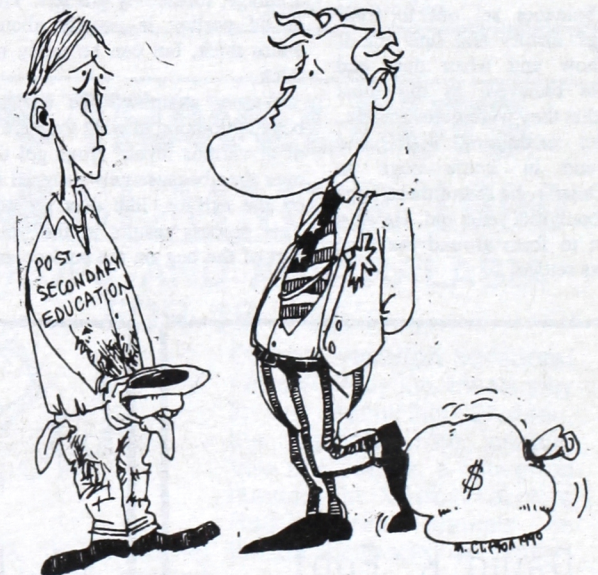
How much longer can Mulroney and his government expect to continue being such pathetic hypocrites before we as students do something to help ourselves? To further add to the heavy burden of educational expenses, Provincial Treasurer, Robert Nixon has stated that he was looking for "any reason to increase tuition fees." Students have endured above average inflationary tuition in-

creases for three years running. To make matters worse, students now face an 8% tuition increase in the next school year. Unfortunately, our provincial government can only react to a thoroughly disgusting and unacceptable Federal Budget.

We, the students can only try to help ourselves. Obviously, no one including Mulroney and his Tories will help us face unreasonable costs in future. A rally opposing education underfunding and increasing tuition fees has been called for March 15th of this year at the offices of Ontario Colleges and Universities Minister, Sean Conway in Toronto.

For more information contact Edith Garneau or Greg Elmer at (416) 925 3825.

It's your future at stake, please support the rally!





## LAMBDA PUBLICATIONS

Laurentian's Official Student Press  
Since 1961

Lambda is the official weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Students General Association, yet remains editorially autonomous for all University organizations, both student and administrative.

Lambda is a member of Canadian University Press (CUP) and as a member respects and upholds the CUP statement of Principles and Code of Ethics.

The Lambda Forum is governed by an open letter policy. However, we will not print any material which is deemed racist, sexist, homophobic, libellous, or in bad taste. All letters must bear the authors full name, however, printing of names will be withheld upon request.

Staff membership is open to all members of the Laurentian University community and is contingent upon three published contributions, or fifteen hours of volunteer work per half term.

**Copy Deadline: Fridays at 12:00 noon.**

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| Feature Writers      | Cheryl Borthwick, Gib McInnis                                                                                                                                                                                                                                                              |
| Typesetters          | Robbie O'Daiskey                                                                                                                                                                                                                                                                           |
| Contributors:        | Jill Cerisano, Doug Basso, Darren Campbell, Kevina Hyde, Bill Melon, Gabe Boulanger, Steve Kean, Edward Shredd, Katherine Mackwood, S.G.A., Da Hecklers, Denton Anthony, Gabrielle Lavigne, Campus Employment, CUP: Canadian University Press, Dino Vairo, Audry Wageman and Sam Okolisan. |

# Scientist finds peat bogs may not be as old as was thought

By David Young

Bogs are often thought of as ancient soups, masses of wet muck dating back to approximately the dawn of life itself. However, a Canadian researcher has found evidence that some bogs may only be as old as your great-grandparents.

Professor Barry Warner of the University of Waterloo's Department of Earth Sciences set out to trace certain bogs' history and find out, if possible, how and when they had formed. He believed, as did most scientists, that they were quite ancient.

But after examining fossil and pollen found in 'kettle bogs' in Southern Ontario, he found these bogs are only about 150 years old. He says they began to form around the time the area was settled.

"The whole bog ecosystem formed in a very short time," he says, adding that the accepted theory was that bogs are "ancient, thousands of years old."

In a kettle bog, a thick carpet of partially decomposed plant bits float on a body of water, covering it like the lid on a kettle. In this case, however, the kettle is a pond or lake with no drainage, formed by glaciers. The bog or lid portion is usually about one metre thick, but can be many metres thick.

Warner examined the age of the bogs by looking at what they are made of at various levels. Bogs get thicker over time because new material settles on the surface, like dust on a table. This process results in the youngest part of the bog on the surface and the

oldest part at the bottom.

"The history and development of the bogs can be discovered by their contents," says Warner. In addition, "the bogs can tell us what the plants (in the area) were like in the past."

Warner looked for the plant remains whose age could be surely dated, like corn and ragweed. These species didn't arrive in the region until the Europeans arrived in the 1800s.

He found these imported plants in the same level of the bogs as plants known to be involved in the formation of bogs, which means the bogs didn't start forming until after the area was settled, he says.

He thinks the clearing of the land is the key. "Stripping of the forests can cause water to run off the land quickly." This runoff could have

have told me of incredible debts accumulated on such cards. Interest rates placed on the principal are outrageously high and frequently students can only pay minimum payments required this accumulating intolerable additions to their principal via interest.

Credit cards are trouble for students and easy temptation when money panic sets in. If you don't have it don't spend it. O.S.A.P. debts are bad enough much less credit cards debts (at least O.S.A.P. debts remain interest free for six months after graduation). Don't be fooled by the propaganda of the Credit Card.

Credit cards are there for companies to make money not as a public service. What you have to buy on credit now will end up costing double later.... is it really worth it?

## Fines Lines THE CREDIT MYTH

by Susan Talamelli

With student fees and expenses rising year after year, students are looking at credit cards as a way to defer some school costs until a summer job can pay off debts.

But don't be fooled, credit cards such as Visa, American Express etc.... can turn your financial woes into a nightmare. Typically students get credit cards to help them out in case of "emergencies". Frequently these "emergencies" turn out to be more and more petty as time goes on. Credit card companies would have you believe that if you get one of their cards you are suddenly a valued or responsible member of an elite society.

Well, I hate to disappoint you... but your not. Such companies flood universities with a finely tuned propaganda system. Many students receiving credit cards

## ENGINEERING STAG!!!!

FRI. MARCH 9, 1990

PLACE: ALDER HALL, ALDER STREET

TIME: 8:00 PM

COST: \$6.00

COST INCLUDES ENTERTAINMENT, FOOD AND FREE RIDE HOME.

BEER AND LIQUOR: \$1.75

BEST PRICE IN TOWN!!!!

caused spring floods and a higher water table in the area. The extra water would have collected in the 'kettles' and killed off all but the bog-forming plants like mosses, which thrive on excess water, he says.

Despite the soggiess of the habitat, bogs are where peat comes from. Peat is burned and used to heat houses in some parts of Great Britain and Northern Europe. His work sheds new light on the economics of peat as a fuel, Warner says. It implies that under the right conditions new peat bogs may form or old ones reconstitute themselves in decades or centuries, rather than millenia. Therefore, peat may be a more 'renewable' fuel than has been thought.

This research was funded by the Natural Sciences and Engineering Research Council.

(Canadian Science News)

To commemorate the 15th International Women's Day, Village International Sudbury (VIS), in collaboration with the Africa Focus Program of the United Nations Association of Canada, the Sudbury Women's Centre, the Canadian Catholic Organization for Development and Peace and Laurentian University Women's Studies Program, is hosting two African women to speak on the status of women in Africa.

The speakers are: Elizabeth Okwenge (Uganda), Regional Director for Africa, Oxfam - USA and Eugenie Aw, a journalist from Senegal studying at the University of Quebec in Montreal (UQAM).

Both speakers will address the role and contribution of women in the development of Africa and the obstacles that block or hinder their advancement in African society. Four public events have been scheduled:

- Wednesday March 7, 7:30 pm at Sudbury Public Library, 74 McKenzie (en francais)

- Thursday March 8, 11:30 am at Laurentian University, 11th Floor (bilingual)

- Thursday March 8, 4:00 pm at All Women's Ethnic Potluck Dinner, Sudbury Women's Centre, 258 Victoria St.

- Thursday March 8, 7:30 pm at Ukrainian Jubilee Hall, 195 Applegrove St. (in English)

Village International Sudbury (VIS) Resource Centre de Ressources is a non-profit, bilingual grassroots organization whose mandate is to educate and inform the people in the Sudbury region on matters pertaining to Third World development.

**WOMEN ACROSS CULTURES** is searching for women who want to share their skills and time organizing educational and social events, for and with our multicultural community. **WOMEN ACROSS CULTURES** is an organization of people working to enhance the lives and to expand the options of immigrant, native and visible minority women in Sudbury; and, this provides an excellent opportunity to meet and work with women from around the world. **COME AND MEET SOME OF US ON TUESDAY MARCH 13, 1990 AT 12 NOON OR AGAIN AT 7:30 p.m. at 260 Victoria Street over coffee or tea, and see if there are ways you can get involved with WOMEN ACROSS CULTURES.** Transportation and childcare will be organized when needed by those interested. For more info; call Arja at 688 0317.

Guest Speaker

David K. Foot

On

"The Inevitable Surprises:  
Population Aging and Public Policies"

Thursday, March 8 - 8 PM  
Orientation Room (2nd Floor)  
The New J.N. Desmarais Library

All welcome - refreshments will be served

Sponsored by the Economics Students Association and the Department of Economics, Laurentian University

Guest Speaker

David K. Foot

"The Future for Community  
Colleges and Post - Secondary  
Education in Canada"

Friday, March 9 - 9:30 AM  
Orientation Room (2nd Floor)  
The New J.N. Desmarais Library

All Welcome

Sponsored by the Economics Students Association and the Department of Economics, Laurentian University



The Centre For Talent Development is Offering  
The Following Workshops

**LES EXAMENS ET LE STRESS**  
mercredi, le 21 mars, 1990  
12:30 a 1:30 p.m.  
Salle de Conference B

**RESUME WRITING CRITIQUING**  
Thursday March 22, 1990  
12:00 to 1:00 p.m.  
L314 - R.D. Parker Building

Workshop Leader: Kristina Frillman



# Social support vital for teenage mothers

By Lorraine Brown

Pregnant teenage girls from lower socioeconomic classes are more likely to have low-birthweight babies if they do not receive love and support from their families, a University of Toronto sociologist has found.

Low birthweight is connected to a variety of developmental problems, including a higher rate of death at or just after birth, speech difficulties, decreased reading ability and mental retardation.

"Many families think it is appropriate to be mad at a teenage girl when she gets pregnant," says Dr. Jay Turner. "But this research suggests that if parents withhold love and support at this particular time, it could have adverse effects on their grandchildren."

Turner and his colleague, University of Western Ontario Professor Carl Grindstaff, interviewed 284 pregnant teenagers in London, Ontario. The girls, whose average age was 17, answered questions about how much support they had from their families, friends and the father of their expected child. The researchers defined social support as a perception of being loved and wanted, valued and esteemed, and being part of a network of people one could count on.

After allowing for other factors that would have an effect on birthweight - mother smoking, quality of pre-natal care, gestational age of the baby and mother's living arrangements - the researchers found that the impact of social support on the baby's birthweight was related to a girl's socioeconomic background.

The researchers divided the girls

into two groups: a middle-class, higher-income group, and a lower-class, low-income group. In the higher-income group, Turner found no relationship between the amount of family support given to the girl and her baby's birthweight. However, in the lower-income group, he found that social support for the mother did affect the child's birthweight. Girls who reported a lack of support were more likely to have low-birthweight babies.

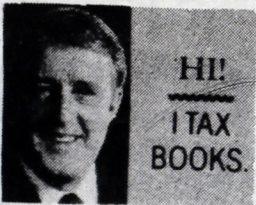
Turner thinks his results may point out differences in the amount of stress experienced by the two groups, or class differences in the ability to handle stress.

"Difference in support may be more crucial for lower-class women, who may be experiencing higher stress because of a general lack of resources, and who may be less effective in coping with it," he says.

Turner also points out that stress appears to affect the immune system, raising or lowering the risk of infection and influencing overall health. Research suggests some mechanism, possibly involving the neuroendocrine system, transmits the experience of stress and allows it to influence the body's function, he says. (The neuroendocrine system includes the nerves and hormones.)

Turner and his colleagues plan to re-interview the girls five years from now, to investigate their children's social and emotional development. Their research is funded by the National Health Research Development Program of Health and Welfare Canada.

(Canadian Science News)



## FIZZ EDDER REPORT

As many of you are aware, the PHED jackets are in and can be picked up this week!! Don't forget your receipt.

If you haven't picked up your nomination form for next year's PHED COUNCIL, now is the time to do it. We would like to hear from all of those who have complimented or condemned us over the past few months. We know that you are interested, or you wouldn't have voiced your opinions. Nominations are available to, and must be handed in by March 9th at 4:00pm. See Marg Kelly for the pertinent forms. Positions available include:

President  
Vice-President  
Secretary  
Treasurer  
Social Convenors (2)  
Publicity Reps (2)  
See the bulletin board for more information.

Elections will be held on Tuesday March 21st and Wednesday March 22nd; the results will be announced at the Formal. Be sure to put \$20.00 in a safe place ready to buy your Formal ticket. It will be held at the Idylwyld Gold and Country Club on Friday March 23rd. (cack-tails from 6:00 to 6:30 pm with dinner served at 6:30 pm - a short ceremony and awards banquet will follow dinner). This is sure to be the PHYS.ED. event of the year - so buy your ticket soon, and don't be left out. There will be a limited number of tickets sold, and they will be available soon. The cost is \$20.00/person (\$40.00/couple). PLAN TO BE THERE!

I hope you had fun at the Pub on Friday. Once again, the PHED council put on a good pub, thanks for your support.  
FIZZ EDDERS:

DARREN CAMPBELL AND DOUG BASSO

The third speaker in the Kinesiology Society's guest lecturer series will be:

Dr. Howard Green  
Dept. of Kinesiology  
University of Waterloo

His presentation is entitled:

Mechanism of Skeletal Muscle Fatigue

Room E125 - Alphonse Raymond Building

Thursday, March 15, 1990 7:30 pm

Non-members: \$2.00

## KINESIOLOGY SOCIETY

### GUEST LECTURE SERIES

The third speaker in the Kinesiology Society's guest lecture series will be:

Dr. Howard Green  
Dept. of Kinesiology  
University of Waterloo

His presentation is entitled:

"Adaptative Response Strategies to Training"

Physical Education Building  
Room B266

Friday, March 16, 1990 8:30 AM

Admission open

## BOOKS ON WORKING AND TRAVELLING ABROAD

This is the time of the year when many students start to think about summer jobs - but how many think about working in another country? To work abroad for a time can be a great eye-opener, offering experience of a different culture and new perspectives - but where do you get information about job possibilities?

Henry Fletcher Services Ltd. is a company which specializes in books that deal with work and travel in other countries, either short-term or for longer periods. They have several books which list thousands of actual vacancies for summer jobs in 1990, in countries from Australia to Yugoslavia. There are books on particular countries, including Britain, France and the USA, and there is a Directory of Overseas Summer Jobs

which covers dozens of other countries. All the books give details of jobs, employers, salaries and permit regulations. People who want to work abroad this summer can find all the information they need.

There are also books for people who want to work abroad for longer. They cover jobs and careers abroad in various professions, opportunities for work and study in developing countries, how to get jobs in Japan, and international voluntary work. There are books on how to work your way around the world, finding a job in a European ski resort, or working on a kibbutz in Israel.

There is plenty to interest the independent traveller too. The Travellers Survival Kit series covers Europe and the USA. A new book on Cuba will be out

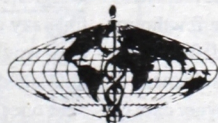
in the spring. Each book gives full information on accommodation, transport, currency, food, shopping, sight-seeing and much more. For train buffs, the Eyrail Guide is an 800-page guide with timetables to travel by rail all over the world. The budget traveller can find guides to hitch-hiking in Britain and Europe. And for a vacation that is different and perhaps more strenuous, Adventure Holidays lists everything from whitewater canoeing to camel caravans in the Sahara.

All these books can be obtained from Henry Fletcher Services Ltd., 304 Taylor Road, West Hill, Ontario M1C 2R6 Tel. 416 282 2478.

Most of them are a copy of their price list - or write to them at the address given.

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## TRAVEL CUTS SUMMER 1990

EUROPE AND AUSTRALASIA FOR 18 - 35's



Combat vacation boredom! From \$55/day inc. meals stay in our Beaujolais Chateau, the Medici's 13th century Villa in Florence, a converted nunnery in Venice, explore Russia, ride camels in Australia, go ballooning in the Outback, or bungy-jumping in New Zealand.

Travel Cuts and Contiki present:

### "Contiki Day"

March 13, Tuesday 10-4  
Great Hall Lobby

\* On going video  
\* Coniki Representative to answer your Questions  
\* Draws



# March is 'Nutrition Month' and Health

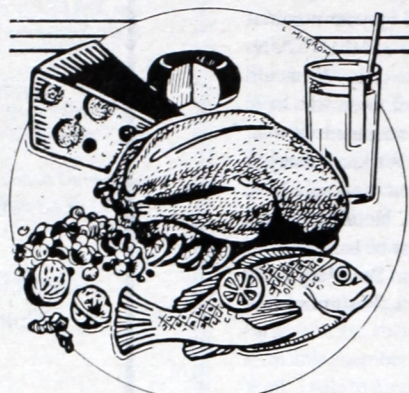
## THE NEW NUTRITION

### How To Make Healthy Food Choices

Remember the nutrition posters of your youth? "PROTEIN" announced the first food group, with a picture of a steak and fried chicken. "VEGETABLES AND FRUIT" said the second, with an illustration of a potato smothered with butter and a fruit cocktail. "DAIRY" said the third, as two fried eggs looked up at a bottle of whole milk. "BREADS AND CEREALS" then appeared with a slice of white bread and a bowl of indistinguishable breakfast cereal. That was then.

#### Food Composition

Today, the emphasis of nutrition education is shifting from the four basic food groups to food composition and how food influences health. Research shows that diets rich in complex carbohydrates and low in cholesterol and saturated fats may reduce our risk of heart disease and many types of cancer. We still need to eat a variety of foods from the four basic food groups, but the preferred choices within those food groups are changing.



Protein sources



Complex carbohydrates sources

#### Protein

Protein is found in meat, poultry, fish, and dried peas and beans (legumes). Protein is also present in dairy products. To get the protein your body needs (44-56 grams per day for adults), without taking in unnecessary fat and cholesterol, select lean cuts of meat, poultry without skin, fish, legumes, and low- or non-fat dairy products.

#### Complex Carbohydrates

Complex carbohydrates are abundant in fresh fruits and vegetables and in whole grain breads and cereals. Unlike processed fruits and vegetables and refined (white) flours, these foods are also high in dietary fiber. Adequate dietary fiber has been linked with a reduced risk of some cancers, and may also be beneficial for people who are trying to control weight.



Fat sources

#### Fats

Fats are essential to sound nutrition, but total fat intake should be limited to no more than 30% of your daily caloric intake. Animal fats (found in "marbled" meat, butter, lard, and whole milk products) and other saturated fats (like coconut and palm oil) should be limited. Saturated fats increase cholesterol in the blood—a major risk factor for coronary artery disease—and may also contribute to some cancers. Better choices are vegetable oils (safflower, sunflower, canola, corn, etc.), margarine, and low- or non-fat dairy products.

#### Nutrition News

The good news is that by taking charge of your own nutrition, you can improve your health while reducing your risk of "lifestyle" diseases like cancer and heart disease. The new nutrition isn't saying goodbye to the four basic food groups, it's helping us understand how to make better nutritional choices from the foods we eat. ☒

| GRAINS, BREADS, CEREALS AND PASTA      |        |
|----------------------------------------|--------|
| Bread, bun, roll, bread, roll, toast   | traces |
| Bagel                                  | 2      |
| Hot dog, hamburger, bun                | 3      |
| Cold breakfast cereals                 | traces |
| Granola, 1/2 cup (125mL)               | 17     |
| Oatmeal, 1/2 cup (125mL)               | 3      |
| Rice, barley, bulgur                   | traces |
| Pasta, macaroni, spaghetti             | traces |
| Noodles, chow mein type, 1 cup (250mL) | 11     |
| Pancakes, 1 medium size                | 4      |
| Baked Goods:                           |        |
| croissant                              | 12     |
| muffin, homemade type                  | 4      |
| muffin, muffin shop type               | 12     |
| piece of cake with icing               | 12     |
| piece of cheesecake                    | 16     |
| chocolate chip cookie                  | 5      |
| peanut butter cookie                   | 7      |
| 2 almond cookies                       | 2      |
| piece of fruit pie, two crust          | 18     |
| doughnut                               | 10     |
| Crackers, 1 cracker                    |        |
| Most varieties                         | 1      |
| Melba toast, soda crackers             |        |
| rice cakes, water biscuits             | traces |

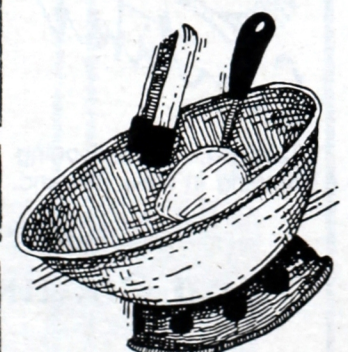
| FRUITS AND VEGETABLES        |        |
|------------------------------|--------|
| All but avocado              | traces |
| Avocado, 1 whole fruit       |        |
| California (sold in winter)  | 30     |
| Florida (sold summer/autumn) | 20     |

| OILS AND TABLE FATS                  |    |
|--------------------------------------|----|
| All oils, 1 Tbsp. (15mL)             | 14 |
| Butter and margarine, 1 Tbsp. (15mL) | 11 |
| Mayonnaise, 1 Tbsp. (15mL)           | 11 |
| Salad dressing, 1 Tbsp. (15mL)       | 6  |

| MISCELLANEOUS                                   |        |
|-------------------------------------------------|--------|
| Jams, jellies, honey, syrups                    | traces |
| Condiments, ketchup, mustard, relishes, pickles | traces |

| COMBINATION DISHES                       |    |
|------------------------------------------|----|
| Macaroni and Cheese, 1 cup (250mL)       | 23 |
| Quiche Lorraine, 1/8 of a pie            | 48 |
| Spaghetti with meat balls, 1 cup (250mL) | 12 |

| WHOLE GRAIN FOODS                                                        |        |
|--------------------------------------------------------------------------|--------|
| 1 slice whole wheat bread                                                | 2.4    |
| 1 slice rye bread                                                        | 1.1    |
| 1 slice white bread                                                      | 0.4    |
| 1/2 cup (125mL) brown rice, cooked                                       | 1.0    |
| 1/2 cup (125mL) white rice, cooked                                       | 0.3    |
| 1 cup (250mL) whole wheat spaghetti, cooked                              | 3.9    |
| 1 cup (250mL) regular spaghetti, cooked                                  | 1.2    |
| 1 bran muffin                                                            | 2.5    |
| Breakfast cereals:                                                       |        |
| - Regular flakes and crispies, corn, rice, oats and wheat, 1 cup (250mL) | traces |
| - Bran flakes, 3/4 cup (200mL)                                           | 3.9    |
| - All bran, 1/2 cup (125mL)                                              | 13.2   |
| - High fibre cereal, 1/2 cup (125mL)                                     | 14.0   |
| - Whole grain, bite size, 3/4 cup (200mL)                                | 3.2    |
| - Rolled oats, cooked, 1 cup (250mL)                                     | 2.2    |
| - Oat bran cereal, cooked, 3/4 cup (200mL)                               | 3.5    |
| - Mixed Grain, cooked, 3/4 cup (200mL)                                   | 3.8    |



## THE CUTTING EDGE

by Sam Riddoch

The cutting edge of the knives in my kitchen.....

I should really pay more attention to what it is that they cut up, and to what it is that I ingest.

This week is Nutrition Week, what a banality. But when I sit and think about the average nutritional conscious of the typical student, I realize that this week should and possibly change the lives of our students. They need it!

To be truthful, this campus, this country, this continent are sick! The students are ill, that's plain to see. The disease is rotten nutrition.

There may be diseases that strike horror into the hearts of young people, such as AIDS. These diseases are neither as evident nor as widespread as that rotten nutrition that plagues our students.

The problem is there. All one need do is look around at the complexions and at the size of fellow students. The people at Laurentian do not have the slightest idea how to follow nutritionally balanced diets. Pizza, french fries, gravy, meat and more meat, processed foods, coke, cookies, chocolate bars, chili that has been heated days over etc.

Granted that one can partially blame the lack of availability of palatable nutritionally beneficial foods. The reason for this may be attributed to the few hours that the cafeteria provides full food services. But, the problem runs deeper. It runs very deep in fact, to the very core of the consumer, the overweight, badly nourished student consumer.

Where do our students form their culinary tastes? It seems that any food in it's primary, pre-processing stage actually repels the average student. Why do we allow only cheap, processed junk

foods in our vending machines? Why do some of us continually nourish an already bloated and pitiful body with more additives, with more chips and fires and hamburgers and pizza?

The tastes of the students have been tampered with, and sometimes irreversibly altered. It seems that the majority of students have fallen victim, at an impressionable age (probably throughout their teens), to the suffocating blanket of marketing ploys of the innumerable junk food proliferators. Once the taste buds have been subjected to the chemical tastes of processed foods, they are conditioned chemically to react only to these chemical stimuli, which produce emotional reactions. The trick is, students, you have been duped. You have accepted the chains of addiction, not to alcohol or to nicotine, but to high-cholesterol, high-salt foods that are detrimental to your health in the long term.

It would be understandable to reject healthy diets to endorse the huge conglomerates of processed foods if and only if each one of us profit shared in the companies. Then the obesity and the malsanity would come with a price tag, a financial recompense. For each gram of monosodium glutamate that I ingest I demand, say, ten dollars. For each kilogram of cellulite I produce, I would like, say oh, twenty dollars. The great hall would be filled with rich badly nourished students, instead of undesirable ones.

Perhaps the students have no esthetic values. Perhaps they have no innate sense of beauty. It's doubtful though. It is more likely that their diets have run nutritionally amuck, and that it appears too difficult to return to healthy eating habits (or to initiate completely new

ones), and to restore the saggy boddies to something that may be admired.

If the students continue to eat badly, to eat foods empty in nutritional value, then they will also perpetuate the stranglehold of the unethical junk food producers and distributors. However, if, at the consumer level, we demand a better supply of healthy foods, that is to say fresh foods that are more accessible at all times the distributors will be forced to lobby their suppliers for more adequate nutritional foods.

The problem stays with the student. Sometimes the problem is embarrassingly apparent. Too much fat. Too much shapeless, or overly shaped bodies. The solution lies not in the American style of substituting one chemical diet for another (high-fibre low-fat drinks and steroids), but is lies in the personal food choices of each of us. This week then, each one of us should begin to choose fresh, additive-free foods that will be beneficial to us. Inquire about the food value, methods of preparation and the additives of everything that you eat. Lose that extra weight too!

Eventually, if our eating habits change we could probably become as beautiful as any country that has a long healthy culinary history. There is no reason that the only beauty in Sudbury or on campus for that matter, come from natural surroundings.

Hell, some people around campus are somewhat enticing, but more often than not there are too much of them. Eat more healthy and maybe the benefits will manifest in dressing habits, postures and overall care in one's appearance as well. A little hedonism never hurt any culture.

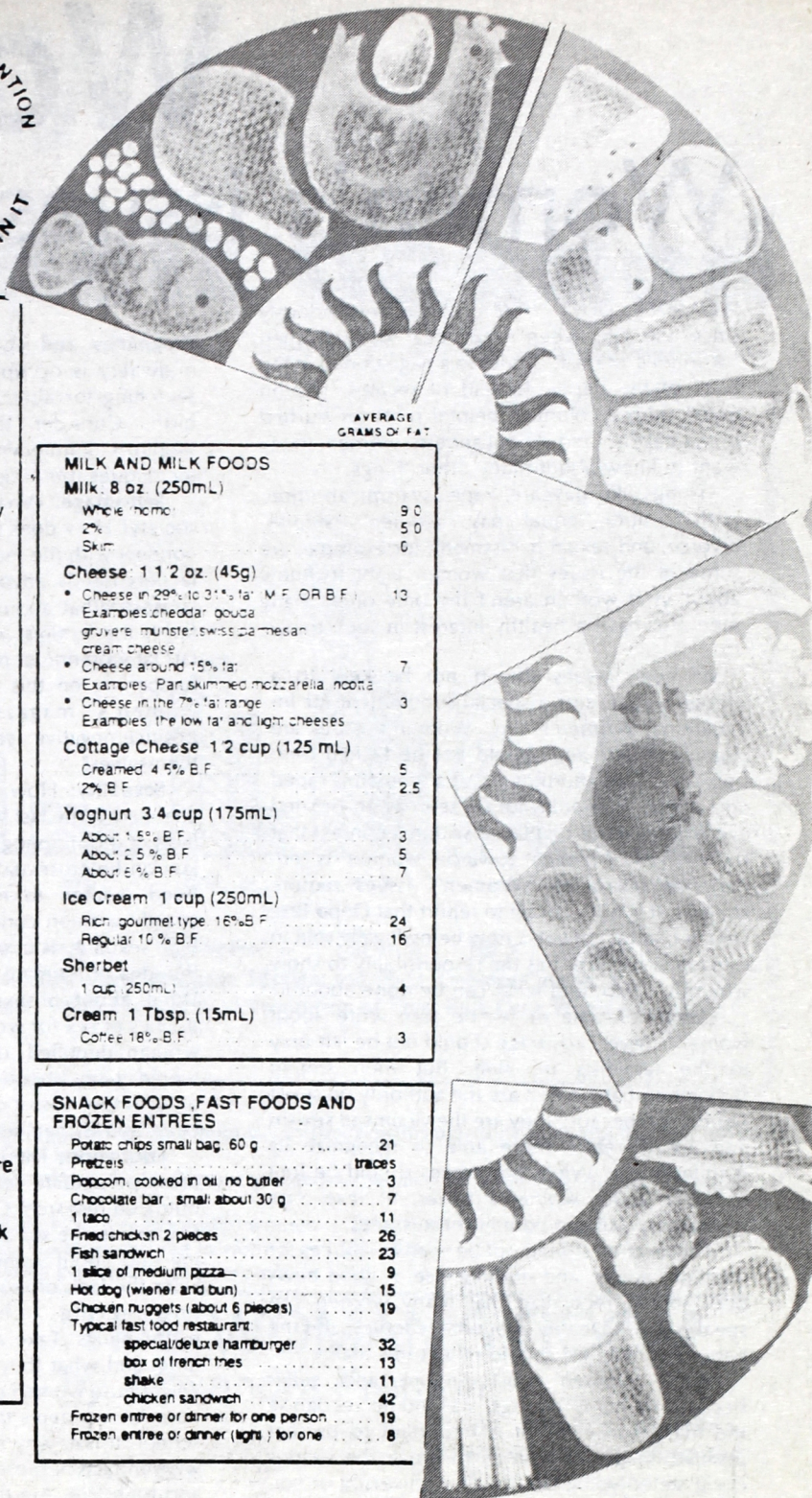
The cutting edge..... cut the junk!



# Services Brings to you:

## HEALTHY FOOD CHOICES CHECK-UP

Eating the right way can do a lot for your health. It may even help to reduce the chances of getting certain kinds of cancer. To see if your eating habits are working for you or against you, check off (✓) your answers to the following questions.



|                                                                                                                              | 1                                                       | 2                                                         |
|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------|
| 1. Do you eat cheese everyday ?                                                                                              | <input type="checkbox"/> Yes                            | <input type="checkbox"/> No                               |
| 2. What kind of milk do you usually use ?                                                                                    | <input type="checkbox"/> Homo                           | <input type="checkbox"/> 2%, 1% or skim                   |
| 3. Do you always use butter or margarine on your bread ?                                                                     | <input type="checkbox"/> Yes                            | <input type="checkbox"/> No                               |
| 4. How often do you go out for fast food ?                                                                                   | <input type="checkbox"/> once a week or more            | <input type="checkbox"/> occasionally                     |
| 5. How much meat, poultry, or fish do you like to eat at meals?                                                              | <input type="checkbox"/> a lot                          | <input type="checkbox"/> just a small piece               |
| 6. Do you always have some kind of meat, poultry or fish for dinner ?                                                        | <input type="checkbox"/> Yes                            | <input type="checkbox"/> No                               |
| 7. Do you usually use deli or luncheon meats in sandwiches ?                                                                 | <input type="checkbox"/> Yes                            | <input type="checkbox"/> No                               |
| 8. How often do you give in to your sweet tooth for cookies, cakes, donuts or squares ?                                      | <input type="checkbox"/> every day                      | <input type="checkbox"/> once in a while                  |
| 9. What bread do you use for sandwiches and toast ?                                                                          | <input type="checkbox"/> white                          | <input type="checkbox"/> whole wheat or other whole grain |
| 10. What kind of cereal do you usually eat ?                                                                                 | <input type="checkbox"/> regular types like corn flakes | <input type="checkbox"/> whole grain, bran, or high fibre |
| 11. How many fruits and vegetables would you eat in a day ?                                                                  | <input type="checkbox"/> 2 or 3                         | <input type="checkbox"/> 4 or more                        |
| 12. How often do you eat these vegetables : broccoli, brussels sprouts, cabbage or turnip ?                                  | <input type="checkbox"/> about once a week              | <input type="checkbox"/> several times a week or more     |
| 13. How often do you eat these fruits and vegetables : carrots, squash, spinach, broccoli, cantaloupe, mangoes and papayas ? | <input type="checkbox"/> about once a week              | <input type="checkbox"/> several times a week or more     |
| 14. Are you way over the weight you should be ?                                                                              | <input type="checkbox"/> Yes                            | <input type="checkbox"/> No                               |
| 15. Do you have more than two alcoholic drinks a day ?                                                                       | <input type="checkbox"/> Yes                            | <input type="checkbox"/> No                               |

| MILK AND MILK FOODS                                                       |     |
|---------------------------------------------------------------------------|-----|
| Milk, 8 oz (250mL)                                                        |     |
| Whole homo                                                                | 9.0 |
| 2%                                                                        | 5.0 |
| Skim                                                                      | 0   |
| Cheese, 1 1/2 oz (45g)                                                    |     |
| • Cheese in 29% to 31% fat M.F. OR B.F.                                   | 13  |
| Examples: cheddar, gouda, gruyere, munster, swiss, parmesan, cream cheese |     |
| • Cheese around 15% fat                                                   | 7   |
| Examples: Part skimmed mozzarella, ricotta                                |     |
| • Cheese in the 7% fat range                                              | 3   |
| Examples: the low fat and light cheeses                                   |     |
| Cottage Cheese, 1/2 cup (125 mL)                                          |     |
| Creamed 4.5% B.F.                                                         | 5   |
| 2% B.F.                                                                   | 2.5 |
| Yoghurt, 3/4 cup (175mL)                                                  |     |
| About 1.5% B.F.                                                           | 3   |
| About 2.5% B.F.                                                           | 5   |
| About 6% B.F.                                                             | 7   |
| Ice Cream, 1 cup (250mL)                                                  |     |
| Rich, gourmet type 16% B.F.                                               | 24  |
| Regular 10% B.F.                                                          | 16  |
| Sherbet                                                                   |     |
| 1 cup (250mL)                                                             | 4   |
| Cream, 1 Tbsp. (15mL)                                                     |     |
| Coffee 18% B.F.                                                           | 3   |

| SNACK FOODS, FAST FOODS AND FROZEN ENTREES |        |
|--------------------------------------------|--------|
| Potato chips small bag, 60 g               | 21     |
| Pretzels                                   | traces |
| Po popcorn, cooked in oil, no butter       | 3      |
| Chocolate bar, small, about 30 g           | 7      |
| 1 taco                                     | 11     |
| Fried chicken 2 pieces                     | 26     |
| Fish sandwich                              | 23     |
| 1 slice of medium pizza                    | 9      |
| Hot dog (wiener and bun)                   | 15     |
| Chicken nuggets (about 6 pieces)           | 19     |
| Typical fast food restaurant               |        |
| special/deluxe hamburger                   | 32     |
| box of french fries                        | 13     |
| shake                                      | 11     |
| chicken sandwich                           | 42     |
| Frozen entree or dinner for one person     | 19     |
| Frozen entree or dinner (light) for one    | 8      |

Finished ? Count up the number of checks that you have in column 2 ONLY. How many did you get \_\_\_\_\_ ?



| GREAT SNACKS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | POOR SNACKS                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• glass of unsweetened juice</li><li>• raw vegetable sticks (with or without dip)</li><li>• glass of milk (cold or warm)</li><li>• peanut butter and whole-grain toast</li><li>• toast and cheese</li><li>• muffins (whole grain)</li><li>• yoghurt (plain or add your own fruit)</li><li>• slice of cheese or cottage cheese with whole wheat crackers</li><li>• fresh or unsweetened canned fruit</li><li>• nuts and seeds</li><li>• bowl of soup</li><li>• nuts and bolts</li><li>• hard boiled egg or pickled egg</li><li>• slice of cold meat</li><li>• bowl of unsweetened cereal</li><li>• meat paté on a cracker</li><li>• any kind of sandwich</li></ul> | <ul style="list-style-type: none"><li>• cookies</li><li>• candy</li><li>• candy bars</li><li>• potato chips and other similar snack foods</li><li>• glass of pop</li><li>• french fries</li><li>• flavored gelatin</li><li>• alcoholic beverages</li><li>• pies</li><li>• cakes</li><li>• pastries</li><li>• doughnuts</li><li>• tea or coffee with sugar or honey</li><li>• dried fruit (e.g. raisins)</li><li>• toast with jam, honey or syrup</li><li>• sugar coated cereal</li></ul> |



1. Unless it's a skim milk cheese at about 7% fat or a partly skimmed mozzarella or ricotta cheese at about 15% fat, you're better off without cheese every day. The regular, natural cheeses like cheddar, gouda, and brick are very high in fat at about 30% and because of this, you don't want to eat too much of these cheeses.
2. Give yourself a check for either 2%, 1% or skim milk because they are the low fat choices. But, if you're really out to cut fat, skim is definitely a better choice.
3. If you do, don't. This is such an easy way to cut back on fat. If you are putting a poached egg, jam, cheese, peanut butter, or tuna mixed with a little mayonnaise on bread or toast, you won't even miss the butter or margarine.
4. Fast foods are okay once in a while but they are far too high in fat and salt to be weekly fare.
5. Meat, poultry and fish give you a lot of the fat that you normally eat. So don't eat more than you need. A small portion, about 3 ounces (90 grams) is enough for a meal.
6. Although there is nothing wrong with eating meat, one of the best ways to cut back on fat and to get more fibre is to eat meatless meals like baked beans, pasta with a plain tomato sauce, split pea soup or a lentil casserole.
7. Unless you choose carefully at the deli counter, you can pick up quite a bit of fat, salt, and some nitrates. Instead of high fat bologna and salami slices, go for slices of roast beef, turkey and chicken. Also try to use more of other sandwich fillings like tuna, plain roasted meat or lower fat cheese.
8. Cookies, cakes, donuts and squares are okay once in a while but please, not every day. These sweet foods contain more than sugar... they are also high in fat.
9. Whole grain breads like whole wheat, whole rye or mixed grain breads are high in fibre and loaded with nutrients. It's fine to have white bread once in a while, but don't live on it.
10. Cooked or cold, go for the whole grain and high fibre cereals. The regular breakfast cereals can be improved by mixing your favourite one half and half with a high fibre cereal.
11. If you answered "4 or more" give yourself top marks. Fruits and vegetables are high in fibre and packed with nutrients like vitamins A and C.
12. Eat lots of these cabbage patch vegetables. It is thought that they may help to protect you from bowel or colon cancer.
13. Try to eat as many of these carotene or vitamin A rich foods as possible. Diets high in vitamin A seem to reduce your chances of getting throat, lung and bladder cancer.
14. Hopefully you are at the right weight. If you're not, try to get yourself within a healthy weight range. A lot of extra weight is associated with many health problems including some cancers.
15. You may not drink at all, and if this is the case, all the better. But if you do drink alcohol, more than two drinks each day is too much. Alcohol increases your chances of getting cancers of the mouth, voice box, throat and upper respiratory tract. The chance is even greater if you drink and smoke.

### HEALTHY FOOD CHOICES SCORE

- |                |                                                                                                        |
|----------------|--------------------------------------------------------------------------------------------------------|
| 13 - 15 CHECKS | Fantastic ! You are a healthy eater. Keep up the good work.                                            |
| 10 - 12 CHECKS | Good. You're on the right track. A few key changes will put your eating habits at the top.             |
| 5 - 9 CHECKS   | Oh, Oh. Some changes are definitely needed to shape up your diet.                                      |
| 0 - 4 CHECKS   | Your eating habits need an overhaul. It's time to make an appointment to see a dietitian/nutritionist. |

Eating a sensible diet is one way that may help to reduce your chances of getting cancer. The main dietary advice is to:

- Reduce your total fat intake
- Eat more fibre-containing foods
- Have several servings of fruits and vegetables every day
- Keep your weight close to ideal
- If you drink alcohol, have two or fewer drinks a day
- Minimize your consumption of smoked, nitrite-cured and salted foods



# Women's

# Awa

## Women's issues

WOMEN'S ISSUES HAVE changed tremendously since the age when your local daily pushed "women's interest" stories to a page buried in the back of the paper. Instead of recipes, fashion notes, advice columns, helpful hints for hurried homemakers, and Ann Landers, women today want to know about many other things.

Things like daycare, rape, sexism, abortion, birth control, equal pay, women's studies, divorce, and sexual harassment, for example, are some of the issues that women want to know about. And women aren't the only ones; many men also have a healthy interest in such topics.

Women's issues should not be kept to a women's page, nor a special supplement for International Women's Day. Women's issues are ongoing issues, and should not be tacked onto story lists as an afterthought. If a woman is raped on campus, it should not be seen as an isolated event, but should be placed within a context that shows how violence towards women is entrenched in society. Women's issues require analysis. It is not enough to report that Depo Provera (a contraceptive) is now being legally sold in Canada: a reporter has the responsibility to show why this is bad, and what can be done about it.

Everyone, male or female, can write about women's issues; coverage should not be left only to the feminists on staff. But men should remember that women are the authority on sexist oppression because they are the victims of sexism and are therefore more able to recognize its manifestations. While both sexes should be free to write about women's issues, at least one woman on staff should edit these stories.

And women should not be seen as sources for women's issues, and nothing else. A good news desk should recognize that many women can speak knowledgeably about many topics, and the paper's contact list should reflect this reality.

While women must endure and suffer because of many wrongs, we should recognise the many successes. It is important to present positive images of women to break the vicious circle stereotyping creates. If a university or college is an institution in which anyone can explore new ideas, then it is the responsibility of the student newspaper to recognise that more than half of the world's population is invisible: that is, if women are interviewed or written about, they are often misrepresented.

The following are some questions about women that may lead to good coverage; they are divided into several categories:

**Health:** Women are often cross-addicted to alcohol and drugs. Why the need for tranquilizers to treat stress? What kind of healthcare is given to women? Are doctors still patronising women patients? How is pre-menstrual syndrome being treated by the male dominated medical profession? What changes in attitudes towards women's health problems are there? More women are smoking than ever before despite the increasing numbers of smoking related deaths, surpassing even those caused by breast cancer.

**Third World women and health:** What about the experiments conducted on these women by Western multi-nationals? The Western industrial complex often uses dangerous drugs in the Third World: some of these drugs such as Depo Provera are now being considered for use in Canada. Sterilisation and compulsory birth control are imposed upon these women, as well as abortion of female fetuses. Consider the racism of genetic engineering and the misogyny of controlled populations. What about the imposition of white culture and female roles upon women of colour?

**Birth control:** What kind of birth control is available on your campus? Is the pill over-prescribed instead of other forms of birth control? How frequent is the use of the morning after pill? What do you know about new advances in birth control (the sponge, the male pill) or the resurgence of old methods (the cervical cap, the diaphragm)? Is your campus researching the side effects of old methods of birth control (breast cancer, tumours, strokes, pelvic inflammatory disease, cervical cancer, high blood pressure)? What about the marketing of certain forms of contraception? What about cutbacks to family planning and other birth control centres?

**Abortion:** What has been written about the psychological effects of abortion? What kind of counselling is available? What are the risks of abortion compared with the risks of pregnancy? What is happening with respect to the law? What is happening to pro-choice groups? to anti-choice groups? What is the public opinion on this issue?

**Pregnancy and childbirth:** The legalisation of midwifery is occupying many women who are searching for alternatives to the sterile hospital birth. Consider the new technology (fetal monitors, amniocentesis) and the revival of old techniques (birthing chairs).

**Self-image:** What is the image of women in society? How does the wish for ultra thin bodies connect with the increase in bulimia and anorexia nervosa? Is anyone trying to get at the root causes? What about the other end of the scale: fat? Is it a feminist issue? How does society view fat? fat women? fat men? What kind of research is happening on this topic? How do fashion and women's magazines contribute to the positive/negative self-images women have of themselves?

**Sexuality:** How have women's relationships changed in the last two decades? Consider the effects of (non)monogamy, marriage, and common law on heterosexual women. Has contraception freed women to explore their sexuality? Are straight women consorting with the enemy? Lesbian sexuality is misunderstood by straights, as is the idea of intimate friendship between women. What about bi-sexual women? What are the politics of sex for women? Consider a feminist or woman-identified definition of erotica. What would it say about women's perception of sexuality? How does it differ from what women have been told is their sexuality?

**Education:** The institutions of higher learning often perpetuate sexism through textbooks and outdated research: Check out a few lectures, particularly in the social sciences, to see what is being said about women. At the same time, consider the lack of women in the hard sciences — engineering, chemistry, physics and mathematics. Take a good look at research funding, and what they are studying. Often surveys will not use women or they use outdated information. Are women's studies courses offered at your school? If not, why not? Compare the number of women faculty present on academic committees and such like. Are there any feminist professors? Do they get tenure or are they kept in sessional lecturer positions? Is sexual harassment a problem at your school? What kinds of solutions/support do they offer the student?

**Employment:** Women are often streamed into "pink collar work" which pays low wages. Women occupy less than five per cent of management positions, and high technology is wiping out many jobs that women have. Those who get computer work are exposed to health hazards with VDTs and poor support equipment. Look at the school salary scales and compare the wages paid to male and female professors. Discuss equal pay for equal work (and also of equal value). Sexual harassment is a problem here too. Unions are often a good source of information, and many locals have some sort of women's caucus.

**Arts and Culture:** Where do women fit into the traditional male defined art? Who judges what is art, and what value is placed on women artists? Do women want to be part of the male art world? What are women producing? Judy Chicago was heavily criticized for her woman-centred art. Look for Canadian women and give them exposure. Contact writers and poets about their feminist viewpoints. Feminist filmmakers are changing the roles of women on screen as well as contributing new styles to the genre.

**Violence and Pornography:** Sexual assault, incest, rape and battery are often a hidden part of women's lives. What services are available on campus or in the community for women who have been battered and/or sexually assaulted. Make the links between the proliferation of pornography and violence towards women. Examine escort services (glorified prostitution) as a women's profession controlled by men. Pornography itself is a hot issue connected with free speech. Is censorship a good thing? Do we want to give men that kind of power directly?

**Racism:** The women's movement, being predominantly white and middle class, has been accused of ignoring the many concerns of non-white women. What are their concerns: is anything changing? Are women organising to fight racism? Why is racism a feminist issue?

— Martha Muzychka  
and Melinda Wittstock

## Women do much unrecognized work on our farms

By Sally Johnston

Women are the unpaid soldiers of the land, whose role in Canadian farming has gone unrecognized for generations. Now a study by two Quebec sociologists has revealed the amount of farm work done by women — and they say it's far more than anyone realised.

Often, women also have to leave the farm each day to work in an office or factory to help pay for expensive farm machinery, say Dr. William Reimer and Dr. Fran Shaver of Concordia University in Montreal.

Many of the chores done by women are not regarded as true farm work — even by the women themselves. Yet feeding chickens, freezing homegrown produce, bookkeeping and even answering the telephone — all jobs generally done by women — are just as important to the running of the farm as ploughing a field, say the sociologists.

As well as these 'hidden' tasks, women are taking on more standard farm work such as milking and caring for livestock, say the researchers.

The husband-and-wife team spent a year living in the farming community of Cap Saint Ignace, 70 kilometres east of Quebec City, where they examined agricultural technology's effects on farm families.

They interviewed 89 farm families about changes during the period from the 1940s to 1979. Up to four adults were interviewed in each household, including the farmer, spouse, grandparents, grown children and other relatives.

To establish who did what in the household, the scientists questioned each family about the farm's history, when machinery was bought, about education and jobs and how they spent their days.

Reimer and Shaver found that women's participation in running the farm grew with the increase in mechanization. On the farms surveyed, mechanization resulted in the need for more, not less, labour, explains Reimer. Both paid and unpaid labour increased by about 20 per cent when machinery was introduced and 98 per cent of the unpaid labour fell to women and children.

"Farmers have had to capitalize on expensive equipment to stay competitive and in doing so have got caught in a price-cost squeeze," says Reimer.

To help pay for the machinery, farmers have expanded their

operations by renting more land or diversifying into other projects such as poultry-rearing. This in turn leads to the need for more help.

"There has been a shifting of activities," says Reimer. "While the farmer spends more time repairing and maintaining machinery he has less time for, say, the milking, which is taken over by another family member, often a woman."

In addition, many farms rely on income from off-farm work to survive, says Reimer. Sixty-two per cent of the Cap Saint Ignace farms had at least one family member working part- or full-time in local industry. Thirty-five per cent of women living on farms have outside jobs.

Reimer and Shaver found that women play a bigger part in running the farm than is shown by official census reports. They say women make up 35 per cent of the agricultural workforce — whereas the census figure is only 19 per cent.

The researchers estimate that women account for 27 per cent of total agricultural work hours, compared with the 20 per cent calculated by censuses.

Shaver says that their findings give a clearer and more accurate picture because they include tasks vital to the running of the farm which previously have not been counted as farm work.

"When a woman balances the books, she's savings farm expenses," says Shaver. "Even cleaning the house is a contribution because in any other business you would have to pay someone to clean the office. Yet these tasks are seldom regarded as farm work, even by the women themselves."

These 'hidden' farm chores add four hours to a woman's working day, the researchers calculate.

Reimer and Shaver stress that their study looked at all family members involved in the farm, while most official censuses deal only with the farmer and spouse.

"We know that Canadian farms are in trouble and our study provides some detail of the nature of that trouble," says Reimer. "But it is also a testament to the ingenuity and flexibility of these family farms that they want to keep what they've got and will find ways of accommodating technological changes."

(Canadian Science News)





# renewess Day

## Female role models needed

by Darcy Brewer  
Imprint staff

Recently, various faculties here at the University of Waterloo have been involved in undergraduate incentive programs. The important aim of these programs is to get more students, especially women, into undergraduate studies in environmental studies, science, mathematics, and engineering.

There is a prevalent notion that if we are to increase the number of undergraduate women here at UW, in the areas in which they are conspicuously low, we must alter our "recruiting" tactics to favour a more positive outlook for women. Administrators agree that we must go beyond mere statements that encourage women to come to the university by actively motivating and recruiting women.

One such program, *Pathmakers*, introduces female secondary school students to "role models" close to their own ages here at the university. These role models are sent to speak at high schools.

*Pathmakers* is holding a free *Role Model Training Day* in Carl Pollack Hall room 3385 on Saturday, February 3, for students who want to participate in the program. Registration is at 8:30, and sessions continue until 12:15. There are optional practice sessions held in the afternoon.

Interested students can get more information by contacting Pat Tailor in the dean of engineering's office at 3348. The *Pathmakers* program at Waterloo is administered by Bill Lennox, the dean of engineering, and R.J. Frieson, the assistant dean, special projects, faculty of science.

Back in January 1987, *Pathmakers* was started in five areas of Ontario: Windsor, Kitchener-Waterloo, Ottawa, Thunder Bay, and Stormont/Dundas /Glengarry.

*Pathmakers* encourages girls to retain a broad educational base throughout high school, and to consider a wide range of career options, especially in those areas where women are under-represented.

As the Ontario Women's Directorate states, "As long as girls neglect mathematics, science, and computer courses in high school, they will continue to be under-represented in present and emerging occupations which require these backgrounds."

The *Pathmakers* initiative goes hand in hand with the work of Steve Little, in the Registrar's Office, who co-ordinates 14 high school liaison officers. These liaisons are trained to recruit students into undergraduate programs, with emphasis on recruiting women, yet at the same time trying to be as gender neutral as possible.

It is here where a "sensitive man" could provide equity, says Little. His projects have provided optimism toward the future of women in post-secondary institutions.

However, unlike *Pathmakers*, liaison services do not really affect those girls in grades nine and ten of high school. It is here where girls determine their scholastic path in life. Unfortunately, says Little, only a minimum amount of guidance is given to them at this time. Little, Lennox, Frieson, and many others see this as the area in most need of concern.

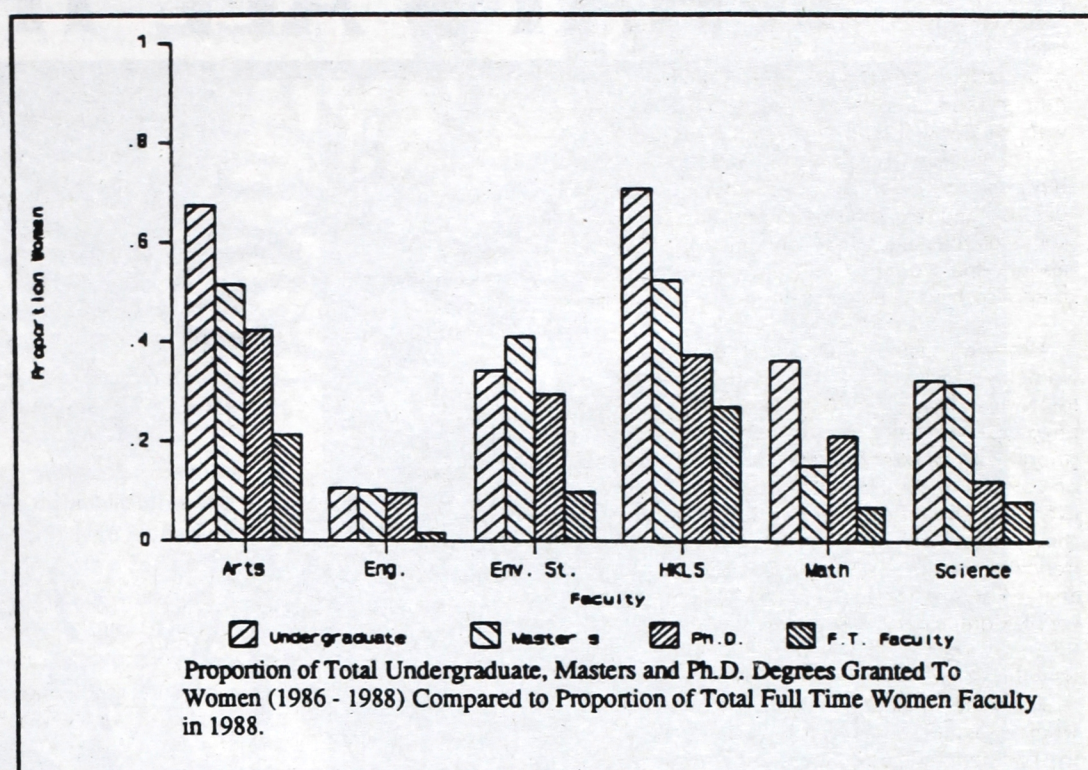
### Gender inequalities exist

Dr. Doreen Brisbin, who is advisor to the vice-president, academic and provost, has dealt with women's programs for many years now. She is a member of UW's Sub Committee on Attracting and Retaining Women Faculty and Students. Although she has been mainly concerned with faculty, she has shown where gender inequalities exist as well as having developed recommendations that will allow the university to work toward equality at three different levels: undergraduate, graduate, and faculty.

Dr. Brisbin makes use of the Incentive Challenge Fund which was proposed by Alan George, vice-president, academic and provost. There is a section of this fund which is allotted to female graduate

students who participate in liaison work as role models to younger women, says Shirley Thomson, assistant to the provost.

These projects, while separate, are working for common objectives. These objectives can be grouped into either the need to increase the available pool of female students in the early years of high school, going into non-traditional areas, or the need to retain these women as undergraduate students through incentives and career flexibility.



The above bar chart shows attrition patterns for women as they progress through undergraduate, masters, and Ph.D. programs. The bars represent, from left to right:

1. the proportion of the total undergraduate degrees granted to women in 1986-1988 at the University of Waterloo.
2. the proportion of the total masters degrees granted to women in 1986-1988.
3. the proportion of the total Ph.D. degrees granted to women in 1986-1988.
4. the proportion of full time faculty positions held by women in 1988.

## THE WOMAN'S ROOM

by Alexandra Fremont

I am not  
a butch woman, who  
dresses androgynously  
condemns you bitterly as  
ignorant.

I do not claim to hate, men  
who refuse to open  
their eyes though sometimes I  
wonder.

I am not  
an executive, who  
laughs at impossible  
motherhood and discounts her  
denial.

I do not  
fall under, the  
stereotyped image  
does not apply for most  
individuals.

I am  
a young woman, who  
exposed to the world  
chose not to  
conform.

I am  
not content, to  
sacrifice my femaleness  
on the altar of  
success.

I am  
determined, to  
raise social consciousness  
and challenge  
inequality.

I am  
(although I do  
wear skirts and want to have  
children one day)  
a feminist.

### WHY TAKE WOMEN'S STUDIES?

Women's studies can be defined as the academic manifestation of feminism which emerged some twenty years ago out of women's activism as a result of the pressures exerted by the Women's movement on society. Women aspired to study about themselves in academic surroundings and therefore set about having academic courses credited in educational institutions.

There are three distinct phases through which women have progressed in their organization of women's studies as an area of academic inquiry. In the early 1970s, the focus on feminism turned to consciousness raising. Groups of women would gather anywhere they could to learn from other women and validate their own experiences. As well, courses being offered in educational settings were drawing upon women's experiences. Soon, patterns and similarities were observed in the women's discussions in areas such as employment, home, relationships with men, and leisure.

In the late 1970s/early 1980s, women in university settings noticed how the study of women encompassed many different disciplines. Faculty members and students began to interact as well as question themselves as to why the disciplines were broken up into separate sections. An interdisciplinary approach to women's studies ensued as women's thirst for knowledge broadened.

As recently as 1982, women scholars have attempted to fill in the enormous gaps which have been left out in the pursuit of knowledge; gaps which concern women's contribution to society and to the evolution of society as a whole. Feminist scholarship is striving to purge the androcentricity which exists in educational institutions through programs such as women's studies.

The purpose of women's studies is to transform the systems' processes of creating knowledge; to maintain social, as well as political, commitments to paradigmatic shifts in how people envision the world. There are many debates, even within women's studies, of how this should be done.

Autonomists assert that since universities are "man-centered", a separate discipline for women's studies should be initiated. They envision a faculty which would encompass courses from each of the disciplines with a focus on feminist scholarship.

Integrationists believe that the best strategy is to influence separate disciplines to include studies of women into the curriculum. They would suggest that faculty be reeducated in feminism scholarship which would enable them to enlighten their students as to the role of women in society. Given that a large majority of college students are women (recent Canadian statistics show female enrolment increased 44% since 1981, compared to 18% male enrolment) and that cutbacks are rampant throughout all educational institutions, this strategy has merit.

S.G.A. Bilingual Week of Action  
PRESENTS  
a debate on:

### Writing Across the Curriculum Courses (W.A.C.)

### ARE THEY WORKING? SHOULD THEY CONTINUE? WHAT ABOUT THE LANGUAGE COMPETENCY TEST?

Come and express your opinions  
and concerns in favour and  
opposed to this controversial issue!

Fraser Auditorium  
Thursday, March 8, 1990  
1:00 p.m.



# OLD GROWTH FORESTS: WHAT'S ALL THE FUSS?



by Richard Schneider

**O**ld Growth Forests: what are they, and how do they work? That, essentially, was the focus of a day long symposium on January 20th organized by the Faculty of Forestry at the University of Toronto. The amount of public interest in the topic was overwhelming, with over 500 people in attendance (at \$50 a head).

Over the course of the day, a number of major themes evolved, beginning with an introduction into the complexity of a forest ecosystem. For example, even something as mundane as a rotting log was shown to be a highly complex, dynamic and essential component of the forest.

A 400-year-old tree may take 300 years to decompose, and in that period can contain more living cells (bacteria, fungi, insects, etc.) than it did while it was a living tree. The log becomes a focus of local diversity and is very important to the rest of the forest by holding soil (slowing erosion), as a source of moisture for various organisms during dry periods, and as a source of cover and nesting habitat for everything from salamanders to birds.

Through a number of examples the basic point was made that simplistic approaches have no place in the management of complex systems.

Another theme presented was in regards to biodiversity; the biological "capital" of the forest. While some endangered animal species (not many) are truly obligate to late successional ecosystems, the issue of biodiversity goes far beyond this aspect.

Forest diversity really comes as a package, with structural diversity, species diversity, genetic variability within species, and soil forming an interrelated and interdependent system. One point which was stressed was the "legacy" the old forest leaves after natural catastrophic disturbance, in the form of surviving trees, dead wood

(fallen logs and standing snags), and soil structure and biology.

Old growth is therefore both a complex and unique ecosystem worthy of conservation in its own right, and also an integral part of the larger forest.

Probably the major concept presented at the symposium was the idea that forests are dynamic systems (changing in time) and usually cyclical in nature. To think of old growth forests as the self-perpetuating "climax" stage of a forest system in most situations is simply false.

For example, if left undisturbed, the red and white pine "old growth" in Temagami would eventually become dominated by shade-tolerant species such as balsam fir, eastern white cedar and shrub maples. In this, as in most cases, however, it is the influence of periodic fire which continually resets the clock, giving us our perceived "natural" system.

Why aren't we more aware of this? Well, for one thing the time scales are very long, but the major reason is that since 1910 we have been actively suppressing fires in Ontario.

Robert Day reported that in Quetico Park the fire rotation period has changed from a natural 80 years, to 800 years now, due to the effects of fire suppression. The implication is that "natural" ecological processes no longer operate in Ontario and that our forests will change in character in the future.

Further complicating the issue is climatic change. It has been much colder, and much hotter here, than it is now, and the forests have changed accordingly. The latest models (still very tentative) show an 8 degree latitude shift of current climatic zones to the north, sometime in the next century.

The final theme of the symposium concerned the implications of the data presented. Human values come into the picture, and the basic question arises: what should we conserve and why? In this regard the term "old

growth" was disliked by the entire panel.

Whereas the public views old growth as a "thing", the panel saw old growth as a process, and were reluctant to try to isolate it from the full system, outside of which it normally does not exist. Even as a "thing", old growth means different things to different people.

Is it old trees, pristine virgin forest, or just big trees? Inconsistencies abound. It was made clear, however, that without the immediate development of site-specific working definitions to guide logging policy, the point will soon be moot.

Even with the specific goal of wood fiber production, there are reasons for not logging all of the old growth. This followed from the presentations on the complexity of the forest ecosystem,

with the main point being that our knowledge base is far too limited at present for proper management. Our current systems are heavy on timber mining, and weak on long-term sustainable harvest.

As Chris Maser put it, old growth is the parts catalogue and maintenance manual for our forests. Aldo Leopold was quoted as saying, "The first rule to intelligent tinkering is: keep all the pieces." We need examples of natural self-sustainable units so that we can find answers to achieving sustainability in "managed" systems.

The other line of thought concerning the importance of old growth is related to its non-utilitarian values. Specifically mentioned were recreational value, old growth as a "symbol of nature" (an important part of what we think of when we say "Canada"), the importance of old growth in relation to biodiversity, and the presence of virgin forests for scientific study, (particularly in this time of massive human-induced environmental perturbation).

Two major issues were left for future discussion. First was the necessity of blending the various evolving values society is placing on forestry into a coherent government policy. The point was made that we will have to go from managing pieces to managing landscapes. Such a forum is presently taking place in Thunder Bay, in the form of a class environmental assessment on timber management in Ontario.

Second is the problem of logistics, given the complexity and dynamic nature of the system, and the effects of fire suppression and climate change. Clearly, protected areas alone cannot meet all of the goals, but an evolving concept of parks, blending and in harmony with truly sustainable forestry, may be the answer.



**A 400-year-old tree may take 300 years to decompose, and in that period can contain more living cells than it did while it was a living tree.**



# Capitol Records

by T.J. Gillespie

This is not your ordinary record company. For many years Capitol has brought us a wide variety of music to please any taste. Their success lies not in their ability to spark ooh's and aaah's at the sound of their name, but instead in their great eye for talent and a keen sense of taking risks that pay off in a big way.

Capitol is currently ranked #2 worldwide, behind the #1 record company in the world, WEA Music; but Capitol is desperately trying to get back to that pole position, and they are certainly on the right track. Their list of acts right now reads like a Who's Who of the music business. Tina Turner, Duran Duran, Richard Marx, Kate Bush, Anne Murray, Luba, Kim Mitchell, The Grapes of Wrath and Roxette are among the artists now on Capitol labels. You certainly have to be well-established to take on such names without losing perspective of your goals. Look at Roxette. An exchange student returned from Sweden with what he thought was a great new tape. He loved it so much that he bugged his local Chicago DJ to play the song called "You Got the Look" on Chicago radio.

When he played it, Capitol got wind of this great new song, listened a little closer and ended up offering this band a North American recording contract. This risky venture produced the now double-platinum LP *Look Sharp*. Now that's what I call good business sense.

They at Capitol have an innate ability to sift through the mush and get to the heart of the matter. With such extraordinary talents at their fingertips they are also known for making some of the best soundtrack albums on the market, by putting all their talents on one LP. Notables include *9 1/2 Weeks* and *Tequila Sunrise*. They are responsible for the revival of careers such as that of Donny Osmond, and Sass Jordan (formerly of The Box). With a hand in every cookie jar, this company finds it hard not to come out with a great batch of

something. Most of all this company has the best touring schedule of their artists without a doubt! Coming to Regina on the heels of Kim Mitchell's performance is Luba; she's at the Centre of the Arts at the end of February. In Winnipeg Capitol brings David Bowie back to Canada for the first time since his last appearance in the country on his Glass Spider tour. The show are assured to be great ones and you will be able to read about both here in *The Carillon* as we will cover them fully to keep you all up to date about what's happening on the concert scene.

Congratulations, Capitol, for keeping the music alive and well, in a world where it's hard to keep anything going for as long as you've done. I wish you all the best in your quest and tell you that you deserve all the success you've worked so hard for.



THEY NEVER MAKE THEIR BED...  
THEIR EARLIEST CLASS IS AT NOON...

THEIR LAUNDRY HAS FUNGUS GROWING ON IT...

THEIR GIRLFRIEND IS OVER ALL THE TIME...

THEY BORROW YOUR CLOTHES!  
THEY EAT YOUR FOOD!  
THEY DRINK YOUR BEER!  
THEY DISRUPT YOUR STUDY HABITS!  
THEY RUIN YOUR LIFE!!

THEY ARE ROOMMATES from Hell!!



DON'T MISS OUT ON THE FIRST BIG SOCIAL TREND OF THE 1990s!  
Get off your duff and come on down to

## Akbar & Jeff's SUPPORT GROUP

FOR THE VAGUELY DISSATISFIED

IF YOU LIKE TO TALK YOU'LL LIKE OUR DISCUSSION TOPICS!

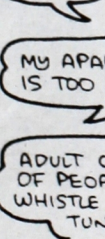
I FEEL CRANKY.



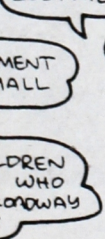
I FEEL CRANKY AND ITCHY.



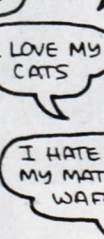
I'M GETTING OLDER



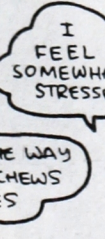
MY CREEPY EX-BOYFRIEND



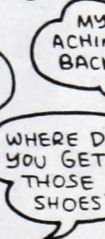
RUDE PEOPLE



ADULT CHILDREN OF GOLF ENTHUSIASTS



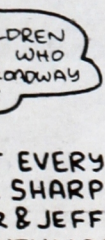
MY ACHING BACK



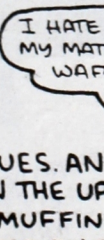
MY APARTMENT IS TOO SMALL



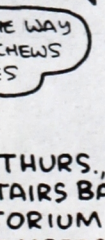
I LOVE MY CATS



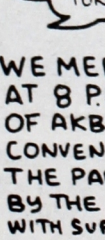
I FEEL SOMEWHAT STRESSED



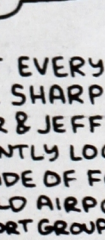
WHERE DID YOU GET THOSE SHOES?



ADULT CHILDREN OF PEOPLE WHO WHISTLE BROADWAY TUNES



I HATE THE WAY MY MATE CHEWS WAFFLES



WE MEET EVERY TUES. AND THURS., RAIN OR SHINE, AT 8 P.M. SHARP IN THE UPSTAIRS BANQUET ROOM OF AKBAR & JEFF'S MUFFINATORIUM ("ALL YOU CAN EAT"), CONVENIENTLY LOCATED ON THE MEZZANINE LEVEL OF THE PARADE OF FOOD PAVILION IN THE NEW MALL OUT BY THE OLD AIRPORT (FREE 2-HR. PARKING VALIDATION WITH SUPPORT GROUP VOLUNTARY DONATION AND MUFFIN PURCHASE)

NO PROBLEMS? NO PROBLEM! WE STILL LOVE YOU!



## TOP TEN ALBUMS

source A&A Records and Tapes

- |                  |                   |
|------------------|-------------------|
| 1. Mille Vanille | Girl you know     |
| 2. Jive Bunny    | The Album         |
| 3. Phil Collins  | But seriously     |
| 4. New Kids      | Hangin tough      |
| 5. Alannah Miles | Alannah Miles     |
| 6. Cher          | Heart of stone    |
| 7. Paul Abdul    | Forever your girl |
| 8. Billy Joel    | Storm front       |
| 9. Skid Row      | Skid Row          |
| 10. Aerosmith    | Pump              |

## TOP TEN FICTION

source Coles Innercity

- |             |                         |
|-------------|-------------------------|
| 1. King     | Drawing of the Three    |
| 2. Race     | The Queen of the Damned |
| 3. Lindsey  | Savage Thunder          |
| 4. Sheldon  | Sands of Time           |
| 5. Deveraux | Wishes                  |
| 6. Wambaugh | Blooding                |
| 7. Burns    | Gracy                   |
| 8. McMurtry | Anything for Billy      |
| 9. Krantz   | Till We Meet Again      |
| 10. Miller  | Waverly Place           |



# Mothers and Daughters

## Shinny's Girls and Other Stories

by Mary Burns

Talon Books

\$9.95, 205 pages

review by Sylvia Markle-Craine

If we can believe dust-jacket testimonies, all novels are definite winners. But in reality the dust-jacket is just a come-on to the unsuspecting reader. *Shinny's Girls and Other Stories* promises more than it delivers. The book is a collection of eight stories plus a novella which all focus on relationships between mothers and daughters. The title story, "Shinny's Girls" almost makes it, but falls short of being the best in the book as described on the cover.

Most of the stories read like diary entries without the benefit of character or insight. The women are flat and uninteresting. The situations do not stretch the characters' imaginations, nor the reader's. And at times, one wonders if the editor was on vacation for the final reading. In "Edna's Story", we find Edna's eyes being described as changing colour depending on what she is wearing:

*Today they matched her hair and sweater, a grey and white tweed.*

Are we to believe Edna has grey and white tweed eyes? In "Gayla Stairs" we find this second paragraph:

*She was dressed in her acrylic fur bathrobe and had mules of the same material. In pink, on her feet, for she had been up once already, at six, to bring tea to her mother, Florence who was now dozing in her own bed in a room down the hall.*

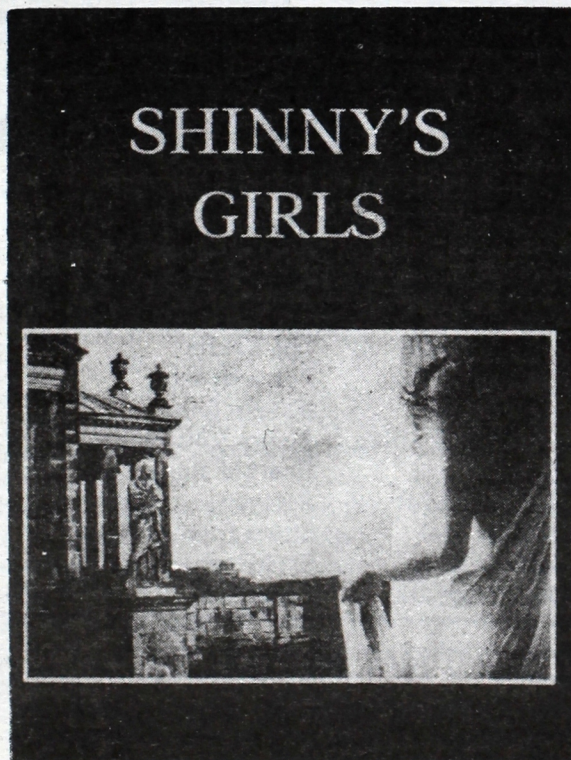
Where else would the woman wear mules but on her feet?

In "Immediate Family", we find Ellen sitting in the living room where

*She supposed Frank thought she was crying, but she wasn't. It was the first minute she had had to herself since he died.*

Wake up Ellen — Frank's not the one who is dead.

There are just too many over-sights like these and too many over-written passages. It appears that Burns has not developed the slash-and-burn of a seasoned writer. With careful editing these stories could rise from the ashes (maybe). As they stand now they are merely black and white photos without the benefit of aesthetic sharpness or mystery.



I THOUGHT YOU SAID  
IT WAS JUST A  
BIG BEAVER

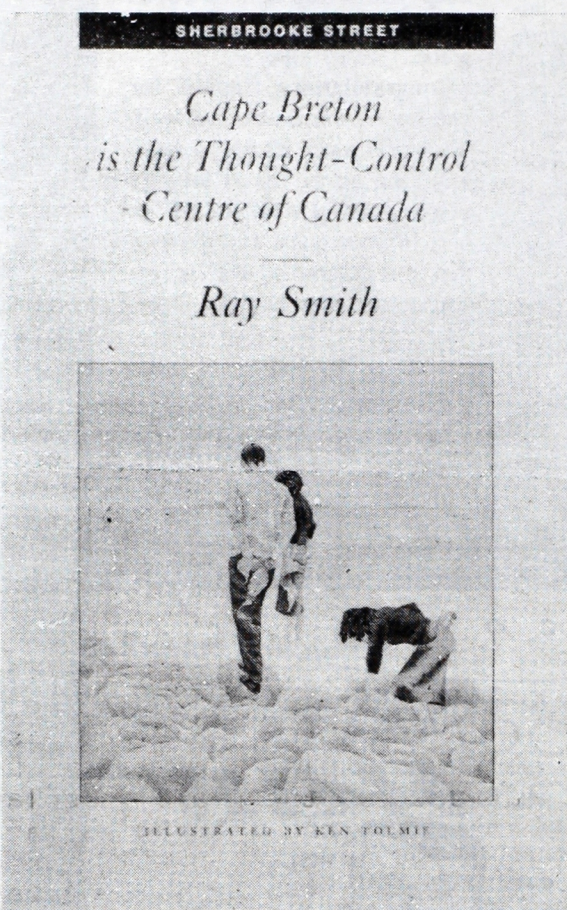


THE MEECH LAKE MONSTER

The best of the collection, to my mind, is "The Annex", a story of a seventeen year-old punker who has a breakdown and ends up in a psychiatric ward. The story is tighter and yet more elusive than the others. The images of the mother carefully tending her rock garden while her daughter fights her own drug-demons is well done.

There are moments in *Shinny's Girls* but they are all too infrequent. One nice line in each of the stories does not justify the whole. These stories need tightening and enrichment. Burns is satisfied with mediocre descriptions. Like her characters, she is tied too close to the earth. We do not care very much about these women or their lost daughters because there are not enough spaces for the reader to fill in. Burns gives it all away.

## Wonderful Illogic



### Cape Breton is the Thought-Control Centre of Canada

by Ray Smith

The Porcupine's Quill

\$10.95, 187 pages

review by Melanie Martilla

There's some good Canadian writing hidden in this book somewhere if you're willing to look for it.

This collection of short stories by Ray Smith begins with a rather long introduction by the author about what and why he writes. Though it is of certain interest, well-written and informative, it really kills the reader's desire to keep going. The ensuing stories are loosely associated within the pages of the introduction and somewhat explained, but still there seems to be a wonderful illogic to the organization of the book. I say wonderful because it is. Without this lack of logic, I probably wouldn't have enjoyed *Cape Breton is the Thought-Control Centre of Canada* half as much. It's perverse, I know.

If the reader can stick to the book long enough, there is an intrinsic reward in reading it. "Passion", a story about Heathcliffe and Cathy, one of the most famous (or infamous) couples in literature, is confusing and maybe a little insulting for those diehard fans of *Wuthering Heights*. But at the same time, it is brilliant in the same twisted way that Beckett is considered brilliant.

Each of the stories is unique unto itself and it seems Smith assumes a completely different

attitude and style for each of them. The story for which the collection is titled is hilarious and agonizing. The Canadian who doesn't identify with the irony of this story hasn't been alive for the last five or ten years.

This collection should be on the shelf of any lover of Canadian fiction, short or otherwise. A warning: don't be put off by the introduction — read all of the book. In any order you please; it shouldn't confuse you any more than they did Ray Smith when he wrote them.

## Poetic Travelogue

### The Other Shore

by Antonio D'Alfonso

Guernica Press

\$10.00, 164 pages

review by Kevin Lynn

*The Other Shore* is a poetic travel diary; a trip through cities, countries and continents; a visit with the living and the dead. Montreal born poet Antonio D'Alfonso wanders both literally and stylistically though this varied assortment of prose and poetry posing question after question, thought after thought. A book of no conclusions:

*What limits do you impose on  
yourself when the moon is  
torn to pieces?*

another question:

*What do we desire from  
the soil of our bodies?*

Stilted in language and loose in conception, *The Other Shore* is one long footnote. D'Alfonso's observations are curios, personal curios, descriptions of things of things barely touched or felt, writing without feeling the smoothness of the paper or the smell of the ink.

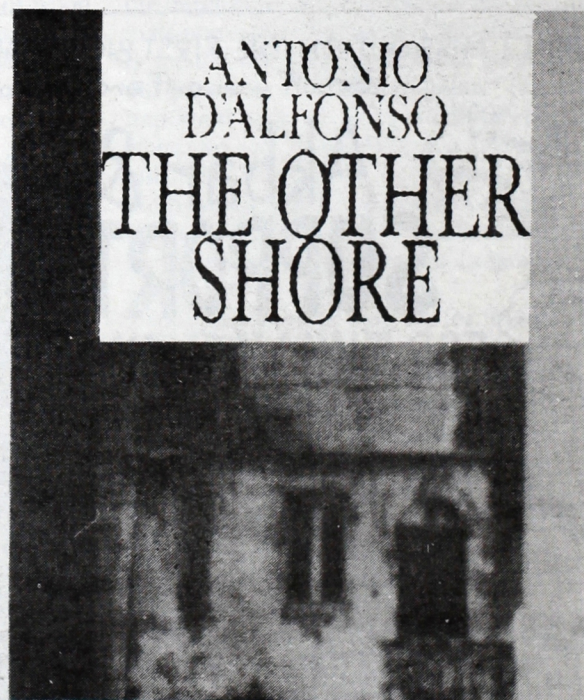
Antonio D'Alfonso was born in Montréal, and is a graduate of both Loyola College and the Université de Montréal where he wrote his Masters' thesis on Robert Bresson's film *Mouchette*. He founded Guernica Press in 1978.

While wandering through a used bookstore recently, I found a signed copy of D'Alfonso's earlier book *Black Tongue* for three dollars.

*To Mary  
A voice that will not fall dead: poetry.*

(reviewer's note: Mary may read Larry — the writing is hard to decipher)

Mary or Larry have moved on, sold the book for whatever reason and they barely think about Antonio D'Alfonso anymore.



GOT A JOKE? HOW ABOUT A  
STORY? HEY EVEN A QUOTE  
WILL DO!  
DOES SOMETHING OR SOMEONE  
PISS YOU OFF? DON'T JUST  
COMPLAIN TO YOUR FRIENDS,  
BRING IT INTO OUR OFFICE AND  
SHARE IT WITH EVERYONE!

DO YOU KNOW SOMETHING WE  
DON'T (IT'S VERY POSSIBLE)?  
DO YOU THINK YOU CAN WRITE  
(SURE YOU CAN)? WRITE FOR  
LAMBDA..... HEY! IT LOOKS  
GREAT ON A RESUME!  
HEY ALL YOU BUDDING CAR-  
TOONISTS - WHERE ARE YOU?  
JOIN OUR LAMBDA TEAM



# Thorneloe College Theatre Department presents:

# STEEL MAGNOLIAS

-STEEL MAGNOLIAS-

A Challenge To Actor and Viewer

-By Jill Cerisano



Tracy McFadden is a third year student majoring in History. She enjoys acting and will continue to be actively involved in theatre.



Jill Cerisano is a third year student majoring in English. She plans to complete her honors bachelor of arts and later teach English and Theatre.

Steel Magnolias is a wonderfully written tragicomedy. It is beat after beat of emotional ups and downs maintaining its sustenance from the theme that human life is precious after death, life goes on.

Dealing with love, marriage, pregnancy, aging, religion and death, Steel Magnolias is an exciting challenge for the third year Laurentian performers. Under the direction of professor Mark Schoenberg and Ti Hallas (who themselves have had to have nerves of "steel" undertaking this project!) the actresses have gained experience on both personal and performance levels.

The characters are also wonderfully and insightfully created. Each of the six women in the play are equally dynamic and significant characters in their own right. Truvy Jones (played by Catherine Kobasiuk) is a colorful and energetic owner of the beauty parlor. Annelle Dupuy-Desoto (played by Jill Cerisano) is the quiet, kind-hearted and eager nineteen year old clutz who is hired by Truvy and later grows and matures along with the other characters as the play unfolds. Clairee Belcher, (played by Julie Nellis) an attractive ex-mayor's wife, is a Dame who proves to be delightfully nosy. Her relationship with long time friend Ouiser Boudreaux is one that is based on hilarious sarcasm, but underlying love. Ouiser (played by Darlene Charlebois) is a sixtiesh bitchy ball of fire who has nothing in her life but her hairless dog Rhett. (You'll love to hate her!) Immediately lovable is the character of M'Lynn Eatenton, (played by Tracy McFadden) who is the middle-aged mother of Shelby Eatenton (played by Joie Bradley). She seems to add a calming affect to the play, displaying her materialistic qualities and strengths and giving valuable advice and love when needed. Joie Bradley has a particularly difficult challenge as Shelby Eatenton. Shelby is a diabetic. Because of this she becomes the key character in terms of representing a counterpoint for the action of the play and brings to it truly dramatic and poignant realism.

Steel Magnolias is exactly the right mixture of comedy and tragedy and will leave you feeling enlightened. It is an incredibly gripping play. You'll laugh. You'll cry. It will become a part of you. Don't miss it.

Special thanks to designer and technical director Graham Maxwell, stage manager Craig Russell, director of publicity Ken Manstan and to all helping hands.

Performances will take place on March 8,9,10 at 8:00 PM at the Teacher's College Auditorium. Tickets will be \$5.00 for general admission, \$3.00 for students, and can be purchased from theatre students and at the door.



Julie Nellis is a third year student in history. She enjoys acting and will continue theatre.



Darlene Charlebois is a third year Theatre student graduating this year, and intends to pursue a career as an actress.



Catherine Kobasiuk is a second year student concentrating on Theatre and English. She plans to continue in theatre and acting in the years to come.



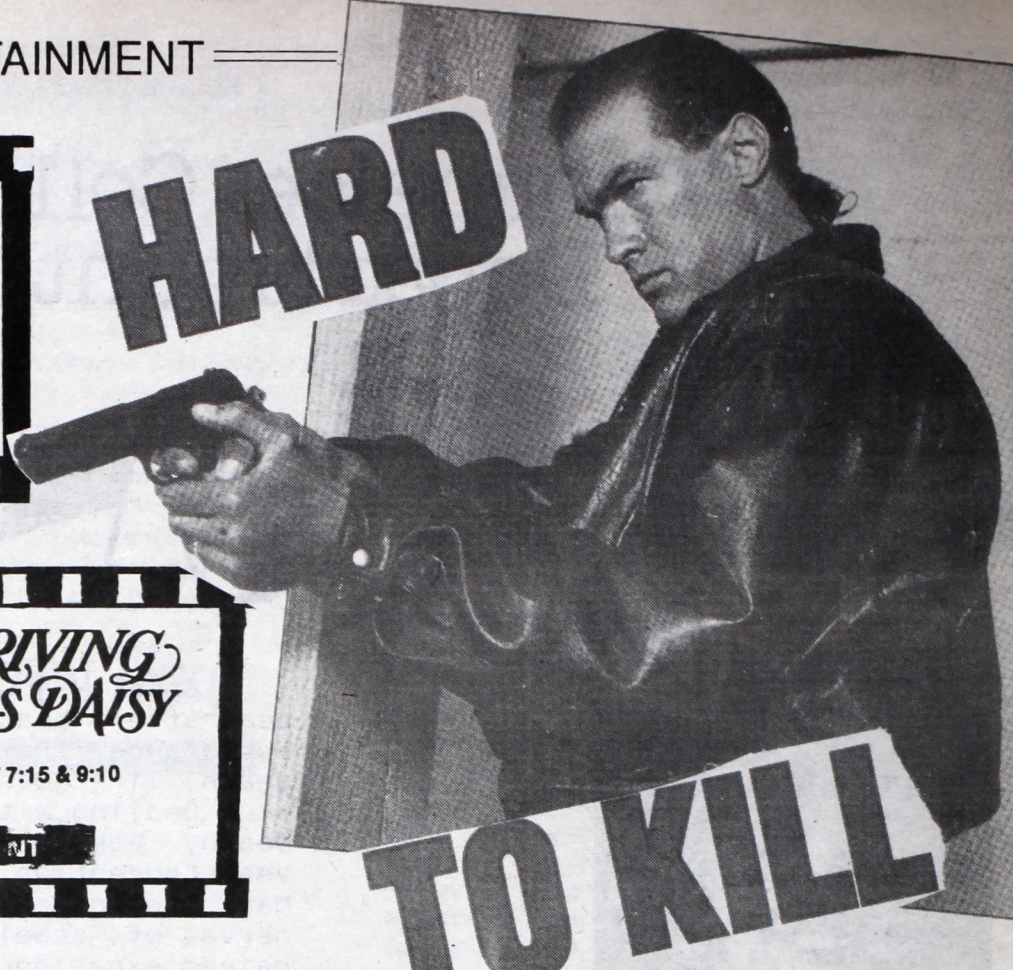
Joie Bradley is a third year student concentrating in Theatre Arts and Sociology. She is graduating in June and plans to pursue a career in some aspect of television.



|                                                                                |                                                             |
|--------------------------------------------------------------------------------|-------------------------------------------------------------|
| <b>BORN ON THE FOURTH OF JULY</b><br>DAILY AT<br>7:00 & 9:45<br><b>ODEON 1</b> | <b>REVENGE</b><br>DAILY AT<br>7:10 & 9:35<br><b>ODEON 2</b> |
|--------------------------------------------------------------------------------|-------------------------------------------------------------|

|                                                                               |                                                                      |                                                                         |
|-------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>THE HUNT FOR RED OCTOBER</b><br>DAILY AT 7:00 & 9:30<br><b>CITY CENTRE</b> | <b>HARD TO KILL</b><br>DAILY AT<br>7:10 & 9:20<br><b>CITY CENTRE</b> | <b>DRIVING MISS DAISY</b><br>DAILY AT 7:15 & 9:10<br><b>CITY CENTRE</b> |
|-------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------|

|                                                                    |                                                                       |                                                                  |
|--------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------|
| <b>MEN DON'T LEAVE</b><br>DAILY AT 7:00 & 9:10<br><b>SUPERMALL</b> | <b>"THE SLEEPING CAR"</b><br>DAILY AT 7:10 & 9:00<br><b>SUPERMALL</b> | <i>Steel Magnolias</i><br>DAILY AT 7:00-9:20<br><b>SUPERMALL</b> |
|--------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------|



Time waits for no one. Except Mason Storm. After stumbling onto a high-level political corruption and murder scheme, the dedicated Los Angeles police detective—played by Steven Seagal—is marked for murder by a deadly hood and a member of Storm's own police force. Gunned down and left for dead, Storm falls into a coma and is hidden away for seven years.

When he finally regains consciousness, Storm finds beautiful nurse Andy Stewart—Kelly LeBrock—at his side. As head nurse of the coma ward, Stewart had cared for Storm during his years of inactivity and though she knows nothing about this stranger, she feels a fondness for him.

Storm doesn't know who tried to kill him, but he is determined to seek out his assailants and settle the score—with seven years gone, he intends to make up for lost time. It isn't going to be easy, though. When the killers find out he's still alive, they order several of their men to finish the job. What the killers don't know is that their best might not be good enough against Mason Storm, a man determined to avenge the death of his wife and son.

Warner Bros. **HARD TO KILL** is an Adelson/Todman/Simon Production. The film release was directed by Bruce Malmuth and produced by Gary Adelson, Joel Simon and Bill Todman, Jr. **HARD TO KILL** is written by Steven McKay and the executive producers are Lee Rich and Michael Rachmil.

Dear Pierre.  
 Why do they say don't eat yello snow, slush puppies come in yellow?  
 When you go for a leal in the snow, the snow melts. So, like if everyone went for a leak outside for about a week would we have an early spring? Or, would this be detrimental to the environment or would Dr. Ruth somehow link this to penis envy?  
 They say every cloud has a silver lining, they also say there's a pot of gold at the end of the rainbow, but what we want to know is who the hell is this "They" guy? Why doesn't he get a real job? And, what kind of parents name their kid "They" anyway?  
 What's the real reason that Ruldoph's nose glows whenever Santa is around? O.k., Mrs. Claus is no prize but she must be better than a reindeer. Besides, can you imagine showing up to your senior prom with a reindeer?

Da Hecklers

SEBASTIAN'S LAMENT

IN STRATHCONA PARK THE  
 TIME STOOD STILL.  
 UNDER BLACK OF NIGHT AND  
 WINTER'S CHILL,  
 HERE, A PRESENCE FELT NEVER  
 BEFORE FROM MY HEART.  
 TAKE ALL THAT I MAY POUR  
 TAKE ME TO YOUR LAIR,  
 LADY DIVINE IN DEAD OF  
 NIGHT,  
 ENTER STRATHCONA PARK  
 SHARING DEEPEST SECRETS IN  
 THE DARK,  
 AND HOW YOUR MYSTICISM  
 TAKES IT'S COURSE.  
 THE ONE WITHIN MYSELF  
 KNEELS TO SUCH FORCE  
 TO THE SNOW, MY BLOOD, IT  
 SPILLS LIKE WINE.  
 WORSHIP TO MY QUEEN  
 STRATHCONA'S SHRINE.



Dear "Da Hecklers";  
 Who really eats slush puppies anymore? Get a life, everyone know the really cool people eat lush yuppies nowadays. Hmmm, the ducks don't appreciate societal urination much so please stop. And, as far as Dr. Ruth goes, she doesn't eat meat.

Da they question is an important they question.... "They" is a distant cousin of Lucy in the sky and an uncle twice removed of Frank Zappa. What kind of parents name their kid Da Hecklers and what's the chances of meeting guys by the same name?

And, to address your inconsiderate reference to Santa Claus, I say .... ya, you're right smart ass Santa has something going with Rudolph. Do you kick puppies too?

Dear Pierre

WARNER BROS. ACQUIRES TCHAIKOVSKY'S THE NUTCRACKER, ANIMATED ADVENTURE-LOVE STORY, FOR US DISTRIBUTION

Warner Bros. has invested and acquired the domestic distribution rights to TCHAIKOVSKY'S THE NUTCRACKER, an action-packed animation adventure and love story based on the classic story by fantasy writer ETA Hoffmann, incorporating music from the immortal Piotr Ilyich Tchaikovsky ballet.

With production currently underway in Ottawa, Tchaikovsky's the Nutcracker, will utilize traditional, classic hand-painted cel animation of the highest order from a team of top international animators working under the supervision of Paul Schibli. The film will feature voices by Kiefer Sutherland as the Nutcracker Prince, Phyllis Diller as the Mouse Queen, Peter O'Toole as Pantaloon and Megan Follows (Anne of Green Gables), as Clara, the story's young heroine. Sheldon Wiseman is the executive producer of TCHAIKOVSKY'S THE NUTCRACKER, with Kevin Gillis producing. The screenplay, based on the Hoffmann story, is by Patricia Watson.

ADVANCE REGISTRATION COUNSELLING

March 19 to March 30, 1990

MAKE AN APPOINTMENT NOW TO SEE YOUR  
 ACADEMIC ADVISOR  
 (SCHOOL DIRECTOR, DEPARTMENT CHAIRMAN)

\*\*\*\*\*

CONSULTATION DE PRÉ-INSCRIPTION

Du 19 au 30 mars 1990

PRENEZ DÈS MAINTENANT RENDEZ-VOUS AVEC  
 VOTRE CONSEILLER D'ÉTUDES  
 (DIRECTEUR DE L'ÉCOLE OU DU DÉPARTEMENT)

**PREGNANT  
 AND NEED HELP?  
 Call ...**

**Birthright**  
 Sudbury  
 at 673-7200



We Provide Free  
 Pregnancy Tests,  
 Medical Referrals,  
 Community Referrals,  
 Accommodations and  
 Legal Advice.



## DIAMONDS ARE A BOY'S BEST FRIEND

by Phil Andrews

There comes a time each and every spring time in Canada when a mysterious and incurable virus afflicts the officinados of sports in every household across the land. At first the symptoms are ignored. Things like going into your shortstop crouch without a goalie stick while playing netminder during a match of ball hockey, or having an insatiable urge to leap upon magazine racks bearing preseason baseball reviews are shrugged off. These are chalked up to something called spring fever, but any victim of this annual affliction and there are many, know this to be and inaccurate diagnosis.

The syndrome builds and for the acute sufferer, such as myself, the manifestations of this bug become increasingly obvious for those living within my natural habitat. Suddenly, while reaching behind the bedroom door for a hockey stick one's hand closes upon the tapered smooth seductive, neck of a white ash baseball bat and refuses to release itself. Baseballs which only months ago were kicked rudely under the bed are now retrieved and caressed as new born messiahs. Involuntarily one's hand manipulates itself on the worn red seams of the ball first in the curveball grip, then the split fingered fastball and ah! oh yes, the knuckleball.

Beyond this stage is full blown Oh-My-God-Wait-To-Play-Baseballitis. By this advanced state in the profession of this disease the hallucinations begin. Before long the baseball glove calls to the sufferer in the eye of the night "Feel me! Wear me! Oil me! Slap me! Pit on my chest and rub the moisture into my leathery skin! Play ball!" The final verbal effort

never fails to snap the debilitated, helpless victim into a further state of sickness induced illusion. Now the bats seem a part of one's conscience and try as one might to resist before long the stricken are re-enacting their favourite major league ball players batting stances. Soon one is taking real swings, with a real bat and stroking phantom singles, doubles and homeruns off, likewise phantom pitchers usually in the heart of the sufferer's rec room. This is the most difficult period for the families of these victim's for if they listen closely they can hear their loved ones play Walter Mitty roles as both T.V. announcer and all the players involved in a game. Such a schizophrenic day dream produces a glossy eyed, clandestine clad, would-be ballplayer, clearly stating things like, "Bottom of the ninth, bases loaded, full count (insert victim's family name here) is at the plate. A grand slam homerun could win the game. Listen to the crowd chant his name. The meeting at the mound is over. The batter digs in. The catcher seems to be calling for a high inside 179 m.p.h. fastball, the very same pitch (insert victim's name here) stroked through the roof of the Skydome in the third inning. The pitcher checks the runner at third, then curls into his windup, he kicks, uncoils and here's the pitch.... (insert victim's name) swings and ...."

Inevitably, the imaginary game goes into extra innings with the Baseballitis sufferer simultaneously mimicking all their own play by play with a pantomime routine replete with baseballs, a glove and a bat. Treatment for this plague seems impossible. What is worse is that this problem seems to be spreading.

Apparently even an innocent boy or girl playing catch with their mom or Dad can be infected by the mysterious diamond shaped viral strain. Sometimes watching the NHL playoffs can temporarily lessen or seem to remove these symptoms. This treatment however can lead to Hockeyitis complications which frequently occur in the mid-August for Canadian Baseballitis sufferers who become addicted to the NHL playoff fever. Simply there is no immediate solution. Going cold turkey only reminds a victim of the San Diego Chicken, mascot of the National League's San Diego Padres. The Mayo Clinic and media research center can only recommend some possible self treatment approaches for the Baseballitis sufferer:

1. give in to the urge to oil your baseball glove with some old fashioned Canadian Tire mineral oil glove potion.
2. purchase one thick baseball preview and in reading it make sure you mentally chew each piece of it's content 26 times.
3. break out or continue to wear your favourite baseball cap.
4. organize your baseball team for this summer.
5. build up your arm and increase your accuracy, via the snowball route.
6. get together with one thousand or so of your friends and take bic lighters to the snow and ice on a nearby baseball field.
7. rent Bull Durham, The Natural, Major League and Eight Men Out
8. give your baseball bats a bath.
9. file for salary arbitration.
10. remember that at the most, the first called strike is only about two months away.

## Laurentian University's Best Kept Secret

by Gabe Belanger

Laurentian University's best kept secret may well be our cross-country ski team. Although you may not know the members of the men and women's teams, their rivals know them all too well. Overall, Laurentian has the best cross country skiers in Ontario. Two weekends ago the Voyageurs' men's and women's relay teams won their respective races as they did in the only other relay competition held previously. Get this: the men's B team lead the race for 25 of the 30km eventually losing to the A team by just three seconds. This left every other school fighting for third best, behind Laurentian's two squads.

If you know anything about athletic facilities, then you'll know we have superb ski-trails. In fact, LU had the only on campus ski-trails in Ontario. Every other school must be driven to trails for much-needed practice. Due to our facilities, Laurentian draws top notch skiers from all over. Most of all, these skiers develop their skills after coming to Laurentian and become just too dominant for other competitors.

Of course, a key ingredient in this success is dedication. The top skiers on the team are as dedicated as any indi-

viduals on campus. For a four weekend, eight race schedule, intensive preparation and training is just a part of being on the team. Eric Finstad, whose athletic and academic season will continue on the national level, trains all year around - he works out with weights three times a week all year around. When he's not skiing on snow, he's skiing on the road. Using two different types of roller-skis, he practices classical and skating technique in the off season. He also competes as a tri-athlete in the summer months. This amount of preparation, though necessary for cross-country, would make most other varsity athletes cringe. Instead of cringing, Finstad talks of building up years of "base" to achieve a higher level. "Base" may be approximated to conditioning that accumulates and allows for super-human performances. He talks of competing in the '92 and '94 Winter Olympics. He'll be in his prime for nordic skiing by then; "base" apparently accumulates best from 25-32 years. He's been as good as tenth in the 50km at the Canada Cup. This year he should improve. His dreams are a reality. Eric Finstad is a name to remember.

Members of the ski team talk frankly



## Sports Thought Spot

By Phil Andrews

In twenty-four hours the world can change. Ask Nelson Mandela if he believes this. Ask Manuel Noriega or better yet ask George Douglas? You know, George "Buster" Douglas the man who changed from something you would order at Dairy Queen to the Heavy-weight Boxing Champion of the world overnight. George "Buster" Douglas beat Iron Mike Tyson. Shouldn't pigs be flying, snakes have developed arm-pits, chickens have grown lips and hell have frozen over now that this has happened? Obviously this was a stunning upset. The true magnitude of this shocking sporting event can be realized through an analysis of the betting odds and the money wagered on the fight. To begin with only one sports bet shop took action on the fight's outcome. Their odds opened at one to 35 in favour of Tyson. That meant that a Tyson supporter would have had to bet \$35 to make \$1. The betting for the fight was still completely

in Tyson's favour as bettors viewed the champion as a guarantee for even this meagre 3% return. As it turned out two bettors wagered over seventy thousand on Tyson. The odds closed as 42 to 1 against Douglas. One Douglas supporter gambles \$1500 at 38 to 1 and made a tidy \$57,000. I wish I could afford to gamble \$1500 on a sure thing let alone betting on ground veal verses a pitbull.

Word from our Lambda source covering the Toronto Maple Leafs is that Coach Doug Carpenter has made it clear he will not dress Leaf enforcer John Kordic for the remainder of the season. The patient coach was quoted as saying, "John is a big boy now. He can dress himself." On a more serious note, however, apparently big John has been working out with the Leaf netminders and has developed a bond with Allan Bester. The two have apparently worked out an office practice while Kordic takes his best shots and the young netminder

catches them all, without even using his trapper. On an even more serious note it was nice to see Sudbury/Lively native Troy Crowder dance with John and check to see if his facial muscles needed a massage.

On a recent visit to the Quebec Colisee myself and my guests in the media press box were stunned during an intermission of a Nordiques hockey game. After years of supporting the Sudbury Wolves and their long time tradition of presenting a car to the individual who could shoot a puck through a hole into a net from the far blueline, I and my colleagues were surprised to see the adaptation of la belle province for this contest. At the Colisee, the car to be won was parked in front of the net and in order to win it the shooter had to put three pucks underneath the car and thus into a virtually wide open cage. We did not witness a winner, but for myself and the other armchair hockey snipers it seemed like a more than fair opportunity

to drive home in a new vehicle.

Looking back over the annals sport there have been some very one sided trades. The real foul taste of a truly boneheaded trade can only be savoured years later when the winning side in the transaction is still reaping benefits. An argument can certainly be made for Phil Esposito having made the worst deal of all time. After all, while he was with the New York Rangers, Esposito traded the club's first round choice draft choice to the Quebec Nordiques for their coach Michel Bergeron. Now three years later that draft choice has become Joe Sakic the allstar sophomore forward for the Nordiques. His is the pride and joy of Quebec coach Michel Bergeron who was fired after last season by Espo and was hired by the Nordiques prior to this season. Chalk up this one in the history books - Sakic for nobody!

I have heard enough about how no former Soviet National team member should be eligible for the NHL rookie of

the year award, upon that player's first year of NHL player. Well maybe it is time to realize that if Sergei Makarov gets over eighty points, he is more than deserving of the Calder Trophy. According those supporters of North Americans Mike Modano, Rod Brind'Amour or Jeremy Roenick who support these players for whom the NHL is a lesser sort of professional league than that which these players used to belong to. I credit Makarov with having a great year for a freshman in the NHL. If the Russians are so superior that they should not be permitted customary rookie status, why is it that of Viacheslav Fetisov, Alevi Kasatonov, Igor Larionov, Vladimir Krulou, Al Mogilny, Sergei Starikov, Vladimir Mylnikov, Helmut Balderis and Makarov only the latest is above mediocrity indeed playing exceptionally. Forget the petty anti-Soviet dogmas, Sergei Makarov for the Calder Trophy!

The Laurentian University Table Tennis Club will hold a Laurentian University Sudbury Open Championship from 1:00 pm - 6:00 pm on Sunday March 25, 1990 in the Laurentian University Teacher's College Gymnasium.

There will be a 17 and under event and A event

Entry Fees: Junior.....\$3.00  
Senior.....\$5.00

Names, addresses, telephone numbers, events and entry fees must reach David Chan (352 Maki Ave. Sudbury), by Wednesday March 21, 1990.

Trophies will be awarded to the 1st, 2nd, and 3rd, players in each category. The club practice is now re-scheduled for Sundays 1:00pm - 4:00pm

All interested are welcome, for more information call Tibah at 675 6919.

Congratulations to Dent's Tent (Denton Anthony, Al Clausi and Kevin Rose-neck), who won the 3 on 3 basketball tournament. The second place team was the Lakers consisting of Brian Perala, Chris Brown and Paul Pederson. Perala was also the recipient of the most sportsman-like Player while Paul Jackson won the Free Throw Competition. We'd like to take this opportunity to thank the participants and volunteers who came out.

Karen Smedley & Chris Ronison

### CIAU TOP TEN LISTS

#### WOMEN'S BASKETBALL

1. Calgary
2. LAURENTIAN
3. Regina
4. Victoria
5. McMaster
6. Winnipeg
7. Lethbridge
8. U.N.B.
9. Bishop's
10. Toronto

### The seeding for the Women's CIAU Basketball Championships:

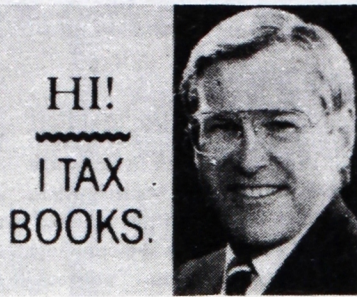
- 1 Calgary
- 2 LAURENTIAN
- 3 Regina
- 4 Victoria
- 5 McMaster
- 6 New Brunswick
- 7 Bishop's
- 8 Toronto







HI!  
I TAX  
BOOKS.



HI!  
I TAX  
BOOKS.

### Attention Sports Fans:

Please accept this invitation for the opportunity of a lifetime.

If you have what it takes, whether it be writing action packed articles, taking fabulous photos or any other related duty, Lambda Sports opens up its doors to you.

**Join the Sports team right away.**

Just come in to our office, across from the grocery store and sign up. Help make this years Lambda better than ever.

**Remember,...if you've got it, let's use it.**

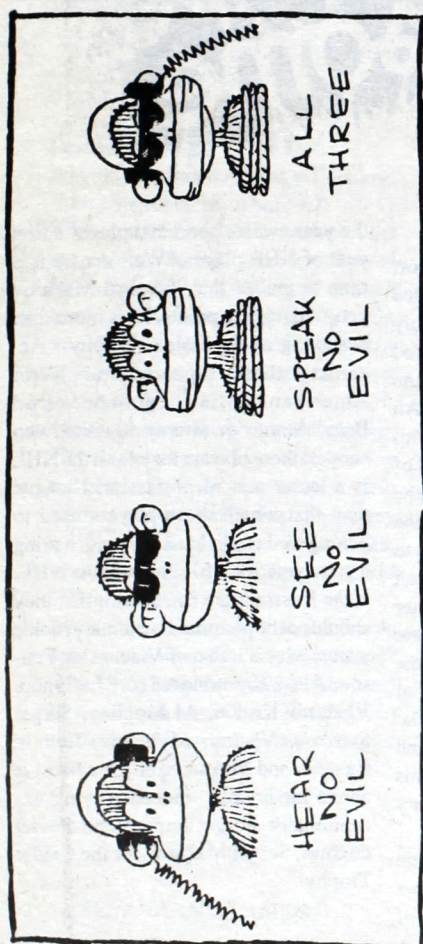
## G O H L S

## SUPER SPORTS TRIVIA

### Questions:

1. What major league baseball manager holds the record for most lifetime wins?
2. Besides Bart Giamatti, what other major league baseball commissioner died in office?
3. How many National League MVP award winners also won the Cy Young award in the same year?
4. Who is the only relief pitcher to win both the American League MVP award and the Cy Young award in the same year?
5. Who led the National Football Conference in sacks in 1988?
6. What was the name of Chicago's NFL franchise prior to the Bears?
7. What year did Chuck Noll win the American Football Conference coach of the year award?
8. Who holds the NFL record for the longest interception return?
9. How many points a game did Michael Jordan average in 1988?
10. How many National Basketball Association career records does Kareem Abdul-Jabbar hold?
11. Who lead the NBA in field goal percentage in 1988?
12. Who won the first NBA final in 1947?
13. What year did Winnipeg beat Edmonton for the last Western Hockey Association championship?
14. Who won the WHA's Rookie of the Year award in 1976?
15. Who was the WHA scoring leader in 1972-73?
16. What year did Gerry Cheevers win the best goaltender award in the WHA and what team did he play for?
17. Who holds the National Hockey League record for goaltending wins in a season?
18. What year was Earl Anthony inducted into the Pro Bowling Hall of Fame?
19. Who is the top all-time goal scorer in World Cup soccer?
20. Who won the Little League World Series Championships in 1947?
20. Williamsport, PA - 16-7 over Lock Haven, PA 1970, 74
19. Gerd Muller - West Germany - 14 goals - 18, 1986
17. Bernie Parent - 47
16. 1973 - Cleveland
15. Andre Lacroix - Philadelphia - 50 goals, 74
14. Mark Napier - Toronto
13. 1979
12. Philadelphia Warriors 4 games to 1 over the
11. Dennis Rodman
10. 16
9. 32.5
8. Vencie Glenn - 103 yards
7. 1972
6. The Staleys
5. Reggie White - 18
4. Rolie Fingers
- 3 - Don Newcombe, Sandy Koufax, Bob Gibson
2. Kenesaw Mountain Landis
1. Connie Mack - 3776 - 53 years

Answers:



VEE LINE

LAURENTIAN UNIVERSITY

VOYAGEURS

Wednesday March 7:

12:00 Noon -- Media Conference with Participating Coaches,  
Blue and White Lounge, Varsity Arena  
6:30pm -- Converse/CIAU All-Canadian Banquet,  
Great Hall, Hart House

Note: HOME Team (light uniforms) is listed second. Seeding in ( ).

Thursday March 8

Game 1 -- 11:30am Regina (3) vs U.N.B. (6)  
Game 2 -- 2:00pm Victoria (4) vs McMaster (5)  
Game 3 -- 4:30pm Laurentian (2) vs Bishop's (7)  
Game 4 -- 7:00pm Calgary (1) vs Toronto (8)

Friday March 9

Game 5 -- 11:30am Loser Game 1 vs Loser Game 3  
Game 6 -- 2:00pm Loser Game 4 vs Loser Game 2  
Game 7 -- 4:30pm Winner Game 3 vs Winner Game 1  
Game 8 -- 7:00pm Winner Game 2 vs Winner Game 4

Saturday March 10

Game 9 -- 11:30am Consolation Final:  
Winner Game 5 vs Winner Game 6  
Game 10 -- 4:30pm Bronze Medal Game:  
Loser Game 8 vs Loser Game 7  
Game 11 -- 7:00pm CIAU Championship:  
Winner Game 8 vs Winner Game 7  
NOTE: 2:00pm Sat. is reserved for possible OUA  
Championship game



# Jobs Jobs Jobs

Attention all students. Deadlines are fast approaching for permanent and summer positions. Here is an updated list of opportunities.

## PERMANENT FULL TIME

- Ministry of Financial Institutions in Toronto, looking for a bilingual Licensing and Research Officer. Salary range is \$38,000 to \$46,000 per year. MBA or Business grads only.
- Statistics Canada in Toronto, has a position for a Manager, Native Enumeration. Contract position til July 1991.
- MSR Inc. in ZToronto is in search of a translator for Accounting procedures manual.
- Custom Cheques of Can. in TO, is seeking a bilingual Sales Representative.
- National Grocers in TO is in search of a French translator.
- Imperial Life, agents required.
- Canada Life, agents required.

- Mutal Group in Kitchener wants grads with computer background.
- Canadian Intramural Recreation Association needs a Director of Programs and Services Program Co-ordinator (Ottawa \$29,000 - \$33,000).
- Canada Packers offers and excellent opportunity for a accounting finance trainee. Job starts in TO with posting in France shortly after training.
- NHB is a ready to assemble furniture and cabinet distributor. They are seeking Junior Sales Executive in London/Barrie/Ottawa.
- Sudbury Management Services in Sudbury, is seeking a Manger's Assistant.
- Parke Davis Pharmaceuticals has openings in Sudbury and Kingston.
- Allstate Insurance, needs claims representative. Openings in Calgary, Edmonton, Ottawa, Windsor, Mississauga, Markham, Metro TO, Quebec City, Montreal, Halifax and Moncton.
- Ontario Ministry of Community and Social Services, through Project DARE seeks outdoor recreation instructors.
- Holt, Rinehart, Winston Publishing needs a local representative.

## SUMMER EMPLOYMENT

- 1 Easter Seal Society: Camp staff for camps in the following areas: Kirkland Lake, Collingwood, London, Perth, Wainfleet.
- 12 College Pro Painters, always in search of painters in many areas of Toronto.
- 13 Camp Walden, in Palmer Rapids, Ottawa area. need of camp staff.
- 14 Placer Dome, in British Columbia, for mining, metalurgy, and geology students.
- 19 Painters Plus, in search of painters.
- 20 New Forest Contractors, Treeplanting.
- 24 A new position of Historical Interpreter for the Mackenzie Historical Society in Ottawa is also available. Candidates must be bilingual and COSEP form required. Deadline is March 9.
- 26 Huronia Historical Park in Midland is looking for Historical Interpreters. They will accept applications till all positions are filled.
- 28 A&M Enterprises. Treeplanting.
- 29 Broland Enterprises. Treeplanting.
- 31 Reena Foundation, Located midway between Newmarket and Orangeville,

is looking for camp staff. This is a camp for the mentally handicapped. Applicants must have interest and/or experience with people who have special needs.

35 Ontario March of Dimes is operating a summer camp at Villa Loyola in Sudbury. Looking for camp staff.

37 Toronto Tours/Harbourfront Corporation. Visitor Services positions. Good salary.

38 Camp Solelim is looking for a camp nurse.

39 Ministry of Tourism and Recreation is looking for personnel for their Ontario Tourist Information Centres in the

following areas: Barrie, Windsor, Cornwall, Fort Erie, Fort Frances, Kenora, Hill Island, Hawkesbury, Lancaster, Pigeon River, Niagara Falls, Prescott, Sarnia, Toronto, St. Catherines, Rainy River, and Sault Ste Marie.

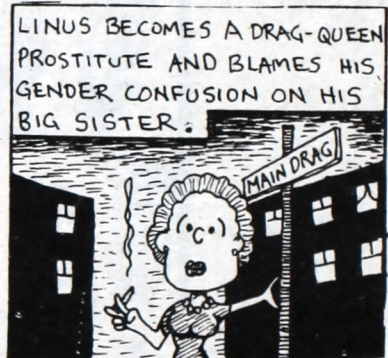
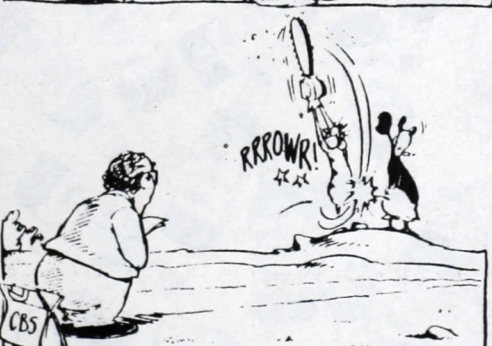
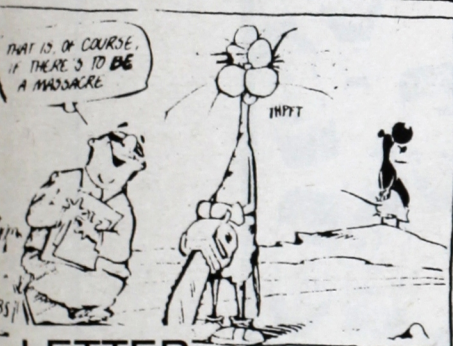
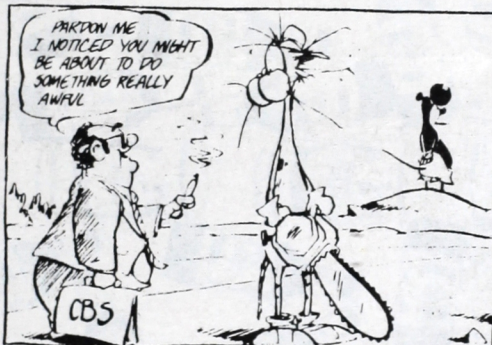
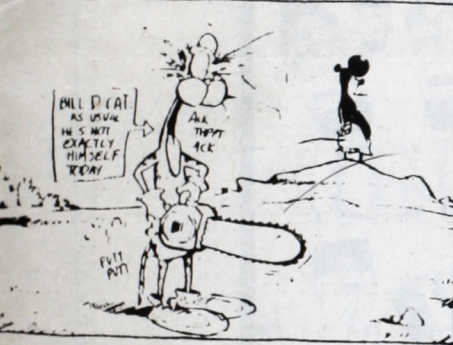
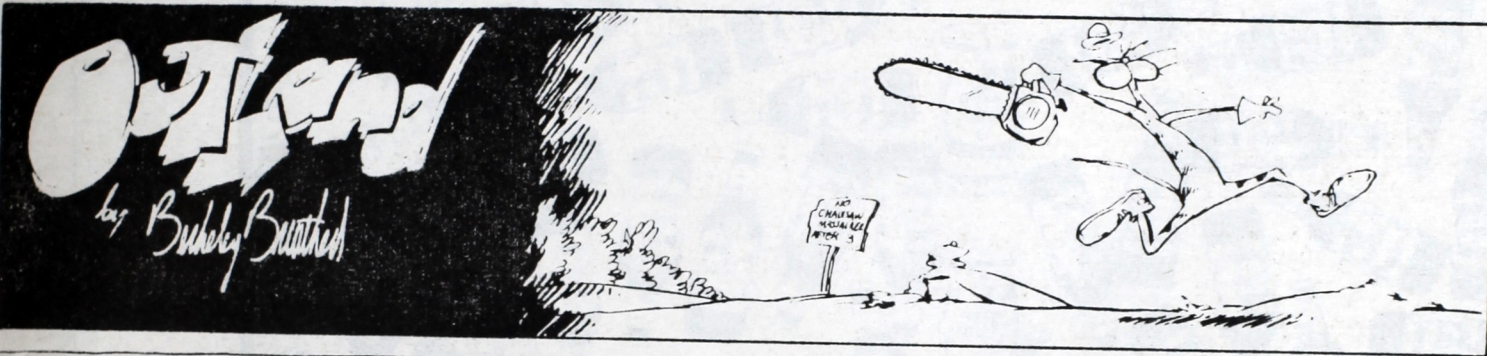
40 Ministry of Community and Social Services is administering a DARE project. (Development through Adventure, Responsibility, and Education). Positions available for waterfront instructors.

42 Treeline, treeplanting.

44 Student Painters, currently looking for franchise managers and painters.

## WASHINGTON POST WRITERS GROUP

1150 Fifteenth Street, N.W. Washington, D.C. 20071



## LETTER

Canadian Crossroads International is an organization which arranges work placements for Canadians in Third World countries for four to six months. The purpose is to promote cultural interchange and to raise the awareness of development issues in Canada. I have been associated with Crossroads now for five years and am extremely impressed by the way the programme is run and by the effect this experience has on the volunteers.

This year five volunteers have been selected from Sudbury: Kari Hodge (4th year Neuroscience), Jillian Innes (2nd year Music), Paul Topp (2nd year History and Geography), Genevieve Ribordy (3rd year History), Darryn Murphy (1st year Law and Justice).

One of the requirements for each volunteer is that he or she raise \$1,800.00 as a contribution to the cost of the programme. I should like to invite you to contribute towards this programme which will be of such benefit to Kari, Jillian, Paul, Genevieve, and Darryn. Last year members of the University

contributed \$1,400.00 to this programme.

Please make your cheque payable to Canadian Crossroads International. You will receive a receipt for your contribution. Return contributions to Paddy Blenkinsop, Student Services, Room G-7, Student Street (Ext. 1030).

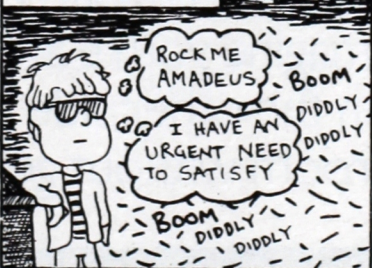
Another Crossroads programme is called "To-Canada". Under this reciprocal programme, people from the Third World visit Canada for four months. To-Canada Crossroaders normally arrive in early September and leave in November. We shall arrange a work placement for them. If you are interested in acting as a host to a To-Canada Crossroader, please contact me. Note that, as host, you are entitled to reimbursement.

If you would like further information about Crossroads, don't hesitate to call.

Many thanks for your help,  
Paddy Blenkinsop  
Coordinator  
Student Services

EVER WONDER WHAT BECOMES OF THE PEANUTS GANG WHEN THEY GROW UP?

SCHROEDER BECOMES A NOTORIOUS DEGENERATE HANGING AROUND SLEAZY DISCOS.



LUCY BECOMES THE FIRST LADY PRESIDENT OF THE UNITED STATES... KNOWN AS "THE IRON LADY II".



The Centre For Talent Development is Offering  
The Following Workshops

PREPARING FOR AND STRESS  
Wednesday, March 14, 1990  
12:30 to 1:30 p.m.  
in Conference Room B

PREPARING FOR EXAMS AND STRESS  
Thursday, March 15, 1990  
12:00 to 1:00 p.m.  
in Conference Room B

Workshop leader for these two is Sid Bergensen

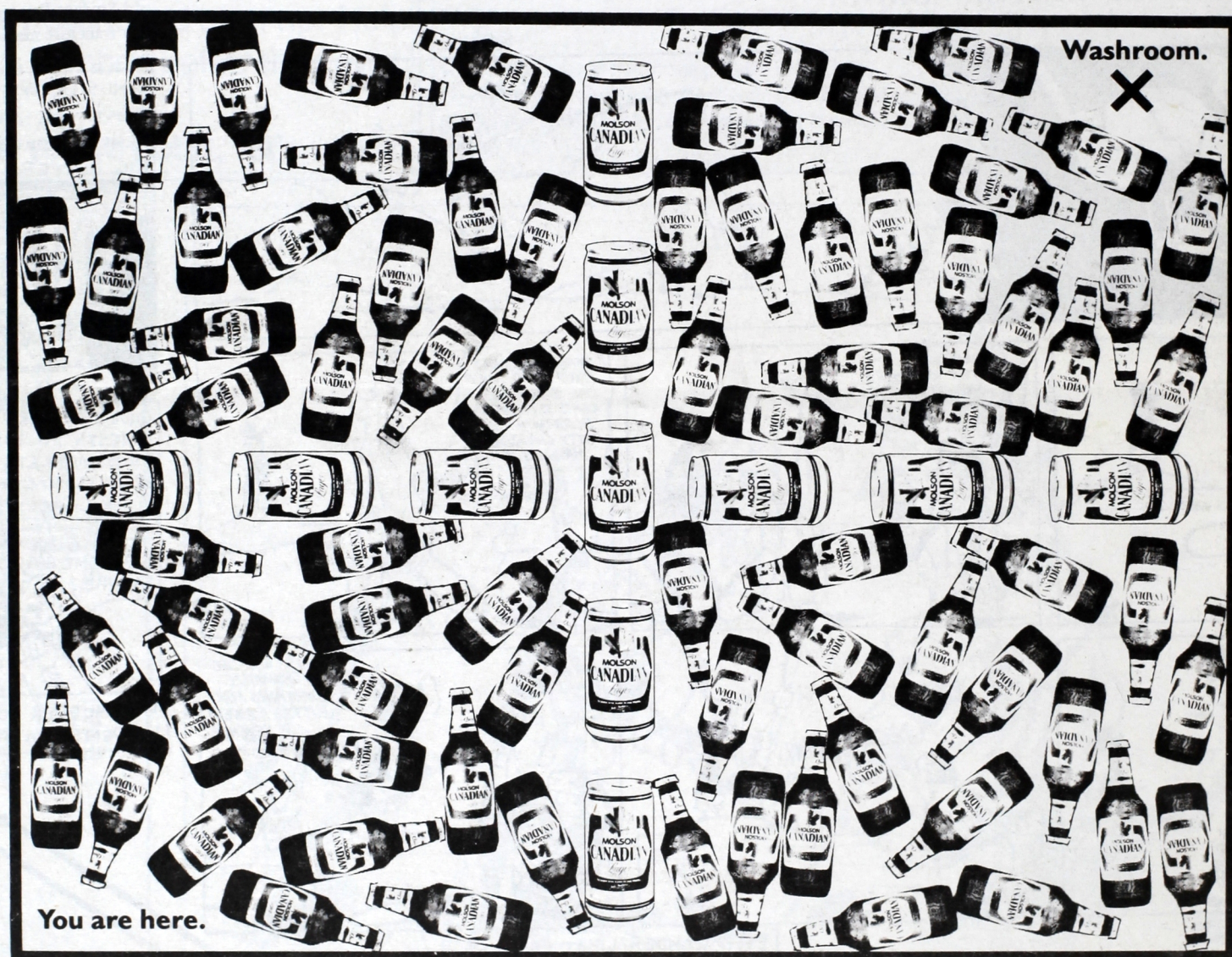


F I G U R E O U T

# WHAT IT'S

A L L

A B O U T



**S'CUSE ME, EH.** Imagine this room is a party. All the bottles and cans represent people at the party. Imagine you're at the party and you really need to use the washroom, but it's on the other side of the room! See how long it takes to get to the washroom without getting stuck. Better hurry, eh.

**MOLSON CANADIAN. WHAT BEER'S ALL ABOUT.**